



Spiced Tomato Chicken on Zesty Bulgur with Pepper and Green Beans

7

Classic 20-25 Minutes • Mild Spice • 1 of your 5 a day



Chicken Stock Paste



Bulgur Wheat



Green Beans



Bell Pepper



Garlic Clove



Diced Chicken Thigh



Tomato Puree



Roasted Spice & Herb Blend



Lemon



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, frying pan and grater.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat 13	120g	180g	240g
Green Beans**	80g	150g	150g
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Diced Chicken Thigh**	260g	350g	390g
Tomato Puree	30g	45g	60g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Lemon**	½	¾	1
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	358g	100g	358g	100g
Energy (kJ/kcal)	2182 / 521	610 / 146	1920 / 459	537 / 128
Fat (g)	15.4	4.3	5.3	1.5
Sat. Fat (g)	4.2	1.2	1.2	0.4
Carbohydrate (g)	62.4	17.4	62.1	17.4
Sugars (g)	9.9	2.8	10.0	2.8
Protein (g)	39.7	11.1	42.6	11.9
Salt (g)	2.49	0.70	2.42	0.68

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Cook the Bulgur

Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half the chicken stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Simmer and Spice

Add the **garlic, tomato puree** and **roasted spice and herb blend** to the **chicken** pan. Cook, stirring, for 30 secs.

Stir in the remaining **chicken stock paste** and **sugar** and **water for the sauce** (see pantry for both amounts) until combined.

Bring to the boil, then turn the heat down to medium and simmer until thickened slightly, 3-4 mins.



Prep Time

Meanwhile, trim the **green beans**, then cut into thirds.

Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.

Peel and grate the **garlic** (or use a garlic press).



Zest Things Up

Meanwhile, zest and halve the **lemon**.

When the **bulgur** is cooked, stir through the **lemon zest** and a squeeze of **juice**. Reheat if needed.

Add a squeeze of **lemon juice** to the **chicken**. Taste and season with more **lemon juice, salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Fry the Chicken and Veg

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken, green beans** and **pepper chunks**. Season with **salt** and **pepper**.

Fry until the **veg** has softened and the **chicken** is golden brown and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Serve

Share the **zesty bulgur** between your bowls.

Top with the **saucy chicken** and tuck in.

Enjoy!