



Harissa Chicken on Jewelled Bulgur with Charred Courgette and Mint Yoghurt

27

Calorie Smart 25-30 Minutes • Medium Spice • 3 of your 5 a day • Under 650 Calories



Garlic Clove



Courgette



Medium Tomato



Mint



Lemon



Dried Cranberries



Chicken Stock Paste



Bulgur Wheat



Diced Chicken Thigh



Harissa Paste



Low Fat Natural Yoghurt



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your 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. Ingredients in red are hot!

Cooking tools

Garlic press, fine grater, saucepan, frying pan and bowl.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Courgette**	1	2	2
Medium Tomato	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Lemon**	1	1	1
Dried Cranberries	30g	30g	30g
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13	120g	180g	240g
Diced Chicken Thigh**	210g	350g	390g
Harissa Paste 14	37g	50g	75g
Low Fat Natural Yoghurt** 7	75g	150g	150g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	596g	100g	621g	100g
Energy (kJ/kcal)	2456 /587	412 /99	2368 /566	382 /91
Fat (g)	19.0	3.2	11.2	1.8
Sat. Fat (g)	4.3	0.7	2.0	0.3
Carbohydrate (g)	76.0	12.8	75.8	12.2
Sugars (g)	22.2	3.7	22.2	3.6
Protein (g)	36.3	6.1	43.9	7.1
Salt (g)	1.71	0.29	1.70	0.27

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

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

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

Trim the **courgette**, then cut into small 2cm chunks. Chop the **tomato** into 1cm pieces.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **cranberries**.

Zest and halve the **lemon**.



Fry the Chicken

Once the **oil** is hot, add the **diced chicken** to the pan and season with **salt** and **pepper**.

Fry until golden brown on the outside 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.

Add the remaining **garlic** and fry for 1 min more.

CUSTOM RECIPE

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



Cook the Bulgur

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

Once hot, add **half** the **garlic** and cook for 1 min.

Pour the **water for the bulgur** (see pantry for amount) into the pan, add the **chicken stock paste** and bring to the boil. Stir in the **bulgur** and **cranberries**, bring it back up to the boil and simmer for 1 min.

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



Finishing Touches

Once the **chicken** is cooked, remove from the heat and let it cool slightly. Stir the **harissa paste** (add less if you'd prefer things milder) and a squeeze of **lemon** into the pan to coat the **chicken**.

Once cooked, fluff up the **bulgur** using a fork and mix in the **charred courgette, tomatoes, lemon zest** and **half** the **mint**.

Pop the **yoghurt** and remaining **mint** into a small bowl. Season with **salt** and **pepper**, then mix together.



Char the Courgette

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then transfer to a bowl.

Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**.



Serve

Serve the **jewelled bulgur** in bowls and top with the **harissa chicken**.

Add a dollop of **mint yoghurt** to finish.

Enjoy!