



Harissa Chicken

with Fruity Jewelled Bulgur and Minty Yoghurt

Calorie Smart 30 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calories

25



Courgette



Medium Tomato



Mint



Dried Cranberries



Chicken Stock Paste



Bulgur Wheat



Chicken Thigh



Harissa Paste



Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Saucepan, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Courgette**	1	2	2
Medium Tomato	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Dried Cranberries	15g	22g	30g
Water for the Bulgur*	240 ml	360 ml	480 ml
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13	120g	180g	240g
Chicken Thigh**	210g	350g	420g
Harissa Paste	¾ sachet	1 sachet	1½ sachets
Natural Yoghurt 7) **	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	395g	100g
Energy (kJ/kcal)	2328/556	589/141
Fat (g)	18	5
Sat. Fat (g)	4	1
Carbohydrate (g)	63	16
Sugars (g)	18	4
Protein (g)	34	9
Salt (g)	1.33	0.34

Nutrition for uncooked ingredients based on 2 person recipe
SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

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Packed in the UK

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You can recycle me!



1 Prep

Trim the **courgette**, halve lengthways and chop into 2cm wide strips. Then chop into 2cm chunks. Chop the **tomatoes** into 1cm pieces. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **cranberries**.



2 Cook the Bulgur

Pour the **water** for the **bulgur wheat** (see ingredients for amount) into a large saucepan, add 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.



3 Char Away

Heat a frying pan on high heat (no oil). When hot, add the **courgette** and cook until nicely charred, 6-8 mins total. Turn every couple of minutes - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt** and **pepper**, then transfer to a bowl.



4 Cook the Chicken

Pop the frying pan back on medium-high heat with a drizzle of **oil**. Once the **oil** is hot, add the **diced chicken thigh** 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 after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.*



5 Combine

Once the **chicken** is cooked, remove from the heat and let it cool slightly. Stir the **harissa** into the pan and coat the **chicken**. Fluff up the **bulgur wheat** and mix in the **charred courgette, tomatoes, cranberries** and **half the mint**. Pop the **yoghurt** and remaining **mint** into a small bowl, season with **salt** and **pepper** and mix.



6 Serve

Serve the **jewelled bulgur** in bowls, topped with the **harissa chicken**. Drizzle the **minty yoghurt** over to finish.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.