



Honey Lime Spiced Chicken

with Bulgur Kidney Bean Pilaf

N° 17

BALANCED

20 Minutes • Under 600 Calories • Little Heat • 1.5 of your 5 a day



Green Pepper



Garlic Clove



Lime



Kidney Beans



Mexican Spice



Bulgur Wheat



Chicken Stock Powder



Diced Chicken Thigh



Honey



Greek Yoghurt

Before you start

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

Basic cooking tools, you will need:

Fine Grater Colander, Saucepan, Measuring Jug and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|----------------------------|----------|-----------|-----------|
| Green Pepper** | 1 | 2 | 2 |
| Garlic Clove** | 1 clove | 2 cloves | 2 cloves |
| Lime** | ½ | 1 | 1 |
| Kidney Beans | 1 carton | 1 carton | 2 cartons |
| Mexican Spice | 1 sachet | 1 sachet | 2 sachets |
| Water for the Bulgur* | 240ml | 360ml | 480ml |
| Bulgur Wheat 13) | 120g | 180g | 240g |
| Chicken Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Diced Chicken Thigh** | 210g | 350g | 420g |
| Honey | 1 sachet | 1 sachet | 2 sachets |
| Greek Yoghurt 7) ** | 75g | 100g | 150g |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 429g | 100g |
| Energy (kJ/kcal) | 2464 / 589 | 575 / 137 |
| Fat (g) | 16 | 4 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 68 | 16 |
| Sugars (g) | 12 | 3 |
| Protein (g) | 42 | 10 |
| Salt (g) | 1.52 | 0.35 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

- Fill and boil your kettle.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips, chop the strips into 3 pieces widthways.
- Peel and grate the **garlic**.
- Zest and halve the **lime**. Drain and rinse the **kidney beans** in a colander.



4. Cook the Chicken

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once the pan is hot, add the **green pepper** and **chicken**, season with **salt** and **pepper**.
- Stir fry until the **pepper** has softened and the **chicken** is browned and cooked through, 7-10 mins. **TIP: Only stir a few times in order to get some colour on the pepper and chicken.**
IMPORTANT: The chicken is cooked when no longer pink in the middle.

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Sugar • High Protein

Featured Ingredient: Bulgur is a great source of magnesium, which contributes to a reduction of tiredness and fatigue.



2. Start the Bulgur

- Heat a drizzle of **oil** in a medium saucepan on medium high heat.
- Once hot, add the **garlic** and **half the Mexican spice**. Stir and cook for 1 minute.



5. Finish off

- Once the **pepper** and **chicken** are cooked, add the remaining **Mexican spice**, **lime zest** and **honey** to the pan.
- Stir together and cook until the **honey** has caramelised and darkened slightly, 1-2 mins. Remove from the heat.



3. Add the Bulgur

- Pour the **water** for the **bulgur wheat** (see ingredients for amount) into the saucepan with the **garlic** and **spice**.
- Bring to the boil. Stir in the **bulgur**, **kidney beans** and **chicken stock powder**, bring back up to the boil and simmer for one minute.
- Pop a lid on the pan and remove from the heat.
- Leave to the side for 12-15 mins or until ready to serve.



6. Serve!

- Add a squeeze of **lime** to the **bulgur**, then fluff it up with a fork. Taste and season with **salt** and **pepper** if you feel it needs it.
- Spoon into bowls and top with the **chicken** and **pepper pieces**. Top with a spoonful of **Greek yoghurt** and a grind of **pepper**. Serve with the remaining **lime** cut into wedges alongside.

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.