



Spiced Chicken, Pepper and Bulgur Jumble

with Roasted Tenderstem Broccoli® and Yoghurt

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

N° 11



Green Pepper



Bulgur Wheat



Vegetable Stock Powder



Diced Chicken Thigh



Chermoula Spice



Tenderstem Broccoli®



Harissa Paste



Natural Yoghurt

Before you start

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

Cooking tools, you will need:

Kettle, Measuring Jug, Saucepan, Frying Pan, Wooden Spoon, Baking Tray, Bowl.

Ingredients

	2P	3P	4P
Green Pepper**	1	2	2
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Chermoula Spice	1 small sachet	1 large sachet	2 small sachets
Tenderstem Broccoli***	150g	200g	300g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Natural Yoghurt 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	420g	100g
Energy (kJ/kcal)	2553 /610	608 /145
Fat (g)	23	6
Sat. Fat (g)	5	1
Carbohydrate (g)	58	14
Sugars (g)	10	2
Protein (g)	42	10
Salt (g)	1.64	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10**) Celery **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

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Packed in the UK

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Get Prepped

- Preheat your oven to 180°C. Fill and boil your kettle.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks..



Cook the Bulgur

- Pour the boiling **water** for the **bulgur wheat** (see ingredients for amount) into a saucepan and bring to the boil.
- Stir in the **bulgur** and **veg stock powder**, bring back up to the boil and simmer for 1 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.



Cook the Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat. Once hot, add the **chicken**, **pepper** and **chermoula** (add less if you don't like heat).
- Season with **salt** and **pepper** and stir to combine. Fry until the **chicken** is browned and cooked through, 9-11 mins, stir occasionally.
- Lower the heat if the **chicken** and **pepper** start to go too dark. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Roast the Broccoli

- Meanwhile, pop your **broccoli** onto a baking tray and drizzle with **oil**.
- Season with **salt** and **pepper**.
- Roast on the top shelf of your oven until tender, 10-12 mins.



Combine

- When cooked, fluff up the **bulgur** with a fork. Stir through the **harissa** (add less if you don't like heat).
- Add the **bulgur** to the **chicken** and **veg** and gently mix together until combined.
- Taste and add **salt** and **pepper** if you feel it needs it.



Finish and Serve

- Spoon the **bulgur**, **chicken** and **veg** into bowls.
- Top with the **roasted broccoli**.
- Drizzle some **yoghurt** over the top.

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.