



Zahtar Chicken

with Charred Pepper and Courgette Bulgur

Calorie Smart 30 Minutes • Under 600 Calories • Little Spice • 2 of your 5 a day

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Bell Pepper



Vegetable Stock



Bulgur Wheat



Courgette



Diced Chicken Thigh



Natural Yoghurt



Honey



Zahtar Spice



Rocket

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Measuring Jug, Saucepan and Frying Pan.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock 10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Courgette**	1	2	2
Diced Chicken Thigh**	280g	420g	560g
Natural Yoghurt 7)**	75g	100g	150g
Honey	1 sachet	2 sachets	2 sachets
Zahtar Spice	1 pot	¾ pot	1 pot
Rocket**	20g	40g	40g

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

Nutrition

	Per serving	Per 100g
for uncooked ingredient	462g	100g
Energy (kJ/kcal)	2505 /599	543 /130
Fat (g)	17	4
Sat. Fat (g)	4	1
Carbohydrate (g)	67	15
Sugars (g)	20	4
Protein (g)	42	9
Salt (g)	1.11	0.24

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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 You can recycle me!



1 Prep the Vegetables

Preheat your oven to 200°C. Halve the **bell pepper** and discard the core and seeds. Slice into thin strips. Pop the sliced **pepper** on a large low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer, Roast on the top shelf of your oven until golden, 15-18 mins. Turn halfway through cooking.



2 Cook the Bulgur

Meanwhile, pour the **water** for the **bulgur wheat** (see ingredients for amount) and **vegetable stock** into a saucepan and bring to the boil. Stir in the **bulgur**, 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.



3 Char the Courgette

While the **pepper** and **bulgur** cook, trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Heat a large frying pan on high heat (no oil). When hot, add the **courgette** and cook until nicely charred, 5-7 mins. Turn only every couple of minutes. Once cooked and charred, transfer to a plate, season with **salt** and **pepper** and cover to keep warm.



4 Cook the Chook

Pop your frying pan back on a medium-high heat with a drizzle of **oil**. Season the **chicken** with **salt** and **pepper**. When hot, add the **chicken** to the pan and stir-fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.** Meanwhile, pop the **yoghurt** into a small bowl, season with **salt** and **pepper**. Mix and set aside.



5 Combine

Once the **chicken** is cooked, remove the pan from the heat and allow the pan to cool for a couple of mins. Once the **bulgur** is cooked, fluff up with a fork and stir the charred **courgettes** and **roasted peppers** through. Taste and season with **salt** and **pepper**.



6 Serve

Once the **chicken** pan has cooled slightly, add the **zahtar** and **honey**. Stir to coat the **chicken**. Share the **bulgur** between your bowls and top with the **chicken** and **rocket**. Finish with a drizzle of **yoghurt**.

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.