






More Than Food
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Harissa Chicken with Pomegranate Tabbouleh

The pomegranate, has been celebrated as a symbol of ambition and prosperity since Ancient Egyptian times. In fact, it seems that pretty much every ancient culture all over the world has drawn, praised and written about it throughout the ages. For tonight's dinner you'll be taking the bold step of cooking with it and we're sure you'll be making your own little piece of dinner time history.

 30 mins

 spicy



Lemon (½)



Bulgur Wheat (¾ cup)



Chicken Thigh (4)



Rose Harissa Paste
(1 tbsp)



Red Onion (½)



Flat Leaf Parsley
(3 tbsp)



Vine Tomato (2)



Natural Yoghurt
(1 pot)



Pomegranate Seeds
(1 sachet)

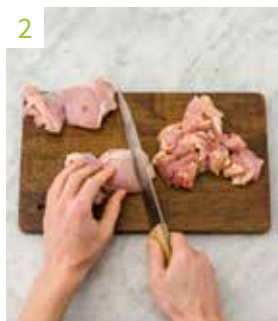
Ingredients	2 PEOPLE	ALLERGENS
Lemon	½	
Bulgur Wheat	¾ cup	Gluten
Chicken Thigh	4	
Rose Harissa Paste	1 tbsp	Soya
Red Onion, chopped	½	
Flat Leaf Parsley, chopped	3 tbsp	
Vine Tomato, chopped	2	
Natural Yoghurt	1 pot	Milk
Pomegranate Seeds	1 sachet	

🌱 Our fruit and veggies come fresh from the farm so give them a little wash before using

Did you know...

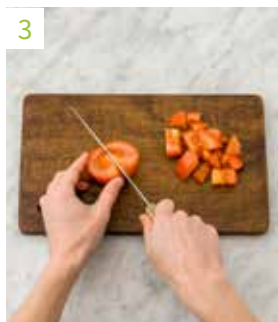
Harissa is a popular spicy breakfast condiment in Tunisia, commonly added to chick-pea stew and wolfed down for brekkie.

Nutrition per serving: Calories: 766 kcal | Protein: 90 g | Carbs: 62 g | Fat: 14 g | Saturated Fat: 5 g



1 Bring 250ml of water to the boil and grate the zest of half your lemon. Pour the bulgur wheat into the boiling water and add the zest and ¼ tsp of salt. Place a lid on the pot and rest off the heat for 25 mins, or until the water has completely soaked into the wheat.

lemon juice to the bulgur wheat. Mix in the onion, tomato and two-thirds of the parsley. **Tip:** *If you prefer your onion cooked, add it to the chicken and fry together for 1 minute before adding to the bulgur wheat.*



2 Chop the chicken into small, bite-sized pieces. Mix the chicken with the harissa. **Tip:** *The harissa can be spicy, so go easy on it if you prefer less heat.*

7 Serve the chicken mixed into the bulgur wheat salad and sprinkle the pomegranate seeds over the top with the remaining parsley. Drizzle with the yoghurt and fill your boots!



3 Peel and finely chop half the onion and roughly chop the parsley. Cut the tomatoes in half and roughly chop into 1½cm pieces.

4 Mix the yoghurt with 1 tbsp of lemon juice and a pinch of salt and pepper.

5 Heat a frying pan on medium-high heat and add 1 tbsp of olive oil. Fry off the chicken for around 5 mins or until it is no longer pink in the middle.



6 Once the bulgar wheat is ready, fluff it up with a fork. Add 1 tbsp of olive oil and 1 tbsp of