



# Harissa Chicken on Cranberry Bulgur

with Spinach and Baby Leaf Salad

24

Calorie Smart 20-25 Minutes • Medium Spice • 1 of your 5 a day • Under 650 Calories



Chicken Stock Paste



Bulgur Wheat



Dried Cranberries



Diced Chicken Thigh



Red Wine Vinegar



Tomato Puree



Harissa Paste



Baby Spinach



Baby Leaf Mix



Diced Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar

#### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Saucepan, lid, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat <b>13</b>	120g	180g	240g
Dried Cranberries	30g	45g	60g
Diced Chicken Thigh**	260g	390g	520g
Red Wine Vinegar <b>14</b>	12g	18g	24g
Tomato Puree	30g	45g	60g
Harissa Paste <b>14</b>	50g	75g	100g
Baby Spinach**	40g	100g	100g
Baby Leaf Mix**	20g	50g	50g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	465g	100g	465g	100g
Energy (kJ/kcal)	2672 /639	575 /137	2411 /576	519 /124
Fat (g)	26.5	5.7	16.3	3.5
Sat. Fat (g)	5.2	1.1	2.3	0.5
Carbohydrate (g)	66.1	14.2	65.8	14.2
Sugars (g)	16.8	3.6	16.8	3.6
Protein (g)	38.7	8.3	41.5	8.9
Salt (g)	2.77	0.60	2.70	0.58

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**13**) Cereals containing gluten **14**) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Started

Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half** of the **chicken stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Stir the **cranberries** into the **bulgur**, pop a lid on the pan and remove from the heat.

Leave to the side for 12-15 mins or until ready to serve.



## Build the Flavour

Once the **chicken** is cooked, stir in the **tomato puree** and **harissa paste** (add less if you'd prefer things milder) and fry for a further 1 min.

Pour in the **water for the sauce** (see pantry for amount) and the remaining **chicken stock paste**. Add a pinch of **sugar** (if you'd like).

Stir and bring to the boil, then reduce the heat and simmer until slightly thickened, 3-4 mins.



## Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**.

Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.*

## CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



## Final Touches

Once thickened, stir the **spinach** into the pan a handful at a time until wilted and piping hot, 1-2 mins.

When ready, fluff up the **bulgur** with a fork. Spoon **half** of the **dressing** over the **bulgur** and stir through.

Toss the **baby leaves** through the remaining **dressing**.



## Make the Dressing

While the **chicken** cooks, in a large bowl, combine the **red wine vinegar**, **olive oil for the dressing** (see pantry for amount) and a good pinch of **sugar** (if you'd like). Season with **salt** and **pepper**.

Leave your **dressing** aside for now.



## Serve

Share the **cranberry bulgur** between your plates. Spoon the **harissa chicken** and **spinach** over the top.

Serve the **dressed baby leaf salad** alongside.

## Enjoy!