



Spiced Chicken and Pepper Bulgur with Tenderstem® Broccoli and Yoghurt

Quick 20 Minutes • **Very Hot** • 1 of your 5 a day

16



Bell Pepper



Tenderstem® Broccoli



Garlic Clove



Bulgur Wheat



Vegetable Stock Paste



Diced British Chicken Thigh



Chermoula Spice Mix



Harissa Paste



Greek Style Natural Yoghurt



Diced British Chicken Breast

Pantry Items

Oil, Salt, Pepper

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

Kettle, garlic press, saucepan, lid, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	80g	150g	150g
Garlic Clove**	2	3	4
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Paste 10	10g	15g	20g
Diced British Chicken Thigh**	190g	350g	390g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Harissa Paste 14	50g	75g	100g
Greek Style Natural Yoghurt** 7)	75g	100g	150g
Diced British Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Boiled Water for the Bulgur*	220ml	330ml	440ml

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

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	465g	100g	490g	100g
Energy (kJ/kcal)	2441 / 583	525 / 125	2355 / 563	481 / 115
Fat (g)	23.9	5.1	16.2	3.3
Sat. Fat (g)	6.3	1.3	4.0	0.8
Carbohydrate (g)	60.8	13.1	60.6	12.4
Sugars (g)	9.8	2.1	9.8	2.0
Protein (g)	36.3	7.8	43.9	9.0
Salt (g)	2.00	0.43	1.98	0.41

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

Allergens

7) Milk **10** Celery **13** Cereals containing gluten **14** Sulphites

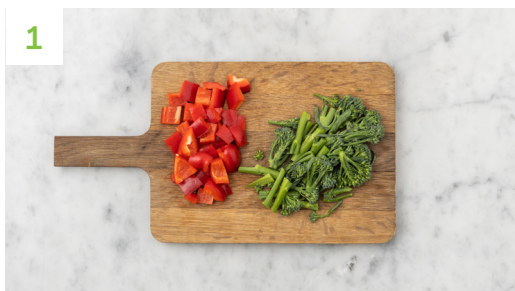
Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

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. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

 You can recycle me!

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The Fresh Farm
60 Worship St, London EC2A 2EZ



Get Prepped

- Boil a full kettle.
- Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Cut the **Tenderstem® broccoli** into thirds, cutting any thick stems lengthways.
- Peel and grate your **garlic** (or use a garlic press).
- Meanwhile, heat a drizzle of **oil** in a saucepan on medium-high heat. Once hot, stir in the **garlic** and cook until fragrant, 1 min.



Add the Tenderstem®

- Once the **chicken** is cooked, add the **Tenderstem®** to the pan and stir-fry for 2-3 mins, then add a splash of **water**.
- Pop a lid on the pan, or cover in some foil. Cook until tender, a further 2-3 mins.
- Season with **salt** and **pepper**.



Bring on the Bulgur

- Pour the **boiled water for the bulgur** (see pantry for amount) into the saucepan.
- Stir in the **bulgur** and **veg stock paste**, bring back up to the boil and simmer for 1 min.
- Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.
- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.



Combine and Stir

- Once the **bulgur** is cooked, fluff it up with a fork.
- Stir through the **harissa paste** (add less if you'd prefer things milder).
- Add the **harissa bulgur** to the **chicken** and **veg** pan, then gently mix together until combined.



Fry the Chicken and Spice

- Once the **oil** is hot, add the **diced chicken**, **pepper chunks** and the **chermoula spice mix** (add less if you'd prefer things milder). Season with **salt** and **pepper**, then stir to combine.
 - Fry until the **pepper** has softened and the **chicken** is golden brown and cooked through, 8-10 mins. Stir occasionally and lower the heat if needed.
- 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 **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Serve

- Spoon the **chicken and veg bulgur** into your bowls.
- Finish with a dollop of **yoghurt**.

Enjoy!