



Harissa Chicken on Jewelled Bulgur

with Charred Courgette and Mint Yoghurt

24

Calorie Smart 25-30 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Garlic Clove



Red Onion



Courgette



Medium Tomato



Mint



Chicken Stock Paste



Bulgur Wheat



Diced Chicken Thigh



Harissa Paste



Raisins



Low Fat Natural Yoghurt

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, saucepan, lid, measuring jug, frying pan and bowl.

Ingredients

	2P	3P	4P
Garlic Clove**	1	2	2
Red Onion**	1	1	2
Courgette**	1	2	2
Medium Tomato	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat 13	120g	180g	240g
Diced Chicken Thigh**	210g	350g	420g
Harissa Paste	¾ sachet	1 sachet	1½ sachets
Raisins	40g	40g	40g
Low Fat Natural Yoghurt** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	452g	100g
Energy (kJ/kcal)	2511 /600	555 /133
Fat (g)	18	4
Sat. Fat (g)	4	1
Carbohydrate (g)	77	17
Sugars (g)	25	6
Protein (g)	34	8
Salt (g)	1.33	0.29

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk 13) Cereals containing Gluten

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, 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.

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Get Prepping

Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **red onion**. Trim the **courgette**, halve lengthways and chop into small 2cm chunks. Chop the **tomatoes** into 1cm pieces. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



Fry the Chicken

Pop the (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Once the **oil** is hot, add the **diced chicken thigh** to the pan 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. The chicken is cooked when no longer pink in the middle.



Cook the Bulgur

Heat a drizzle of **oil** in a large saucepan on medium-high heat. When hot, add the **onion** and cook until softened, 3-4 mins. Add the **garlic** and cook for 1 min. Stir in the **water for the bulgur wheat** (see ingredients for amount) and **chicken stock paste**, then bring to the boil. Stir in the **bulgur**, 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.



Finishing Touches

Once the **chicken** is cooked, remove from the heat and let it cool slightly. Stir the **harissa** into the pan and coat the **chicken**. Fluff up the **bulgur wheat** using a fork and mix in the **charred courgette**, **tomatoes**, **raisins** and **half the mint**. Pop the **yoghurt** and remaining **mint** into a small bowl. Season with **salt** and **pepper**, then mix together.



Char Away

Meanwhile, heat a frying pan on high heat (no oil). When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn every couple of mins - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt** and **pepper**, then transfer to a bowl.



Serve

Spoon the **jewelled bulgur** into bowls, then top with the **harissa chicken**. Add a dollop of **mint yoghurt** to finish.

Enjoy!

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