



# Harissa Chicken on Jewelled Bulgur

with Charred Courgette and Mint Yoghurt

24

Calorie Smart Eat Me First • 25-30 Minutes • Medium Spice • Under 650 Calories



Garlic Clove



Echalion Shallot



Courgette



Medium Tomato



Mint



Dried Cranberries



Chicken Stock Paste



Bulgur Wheat



Diced Chicken Thigh



Harissa Paste



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, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Echalion Shallot**	1	1	2
Courgette**	1	2	2
Medium Tomato	1	2	2
Mint**	1 bunch	1 bunch	1 bunch
Dried Cranberries	30g	30g	30g
Chicken Stock Paste	10g	15g	20g
Bulgur Wheat <b>13</b>	120g	180g	240g
Diced Chicken Thigh**	210g	350g	420g
Harissa Paste	¾ sachet	1 sachet	1½ sachets
Low Fat Natural Yoghurt** <b>7</b>	75g	150g	150g

Pantry	2P	3P	4P
Water for the Bulgur Wheat*	240ml	360ml	480ml

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

## Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2373 /567	565 /135
Fat (g)	18.5	4.4
Sat. Fat (g)	3.9	0.9
Carbohydrate (g)	69.3	16.5
Sugars (g)	19.9	4.7
Protein (g)	33.1	7.9
Salt (g)	1.33	0.32

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.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Peel and grate the **garlic** (or use a garlic press). Halve, peel and thinly slice the **shallot**.

Trim the **courgette**, halve lengthways, then cut into 1cm thick half moons.

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **cranberries**.



## 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** 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.*

Scan to get your exact PersonalPoints™ value



## Cook the Bulgur

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once hot, add the **shallot** and cook until softened, 3-4 mins. Add the **garlic** and cook for 1 min more.

Pour the **water for the bulgur wheat** (see ingredients for amount) into the pan, add the **chicken stock paste** and bring to the boil. Stir in the **bulgur**, bring it back up to the boil and simmer for 1 min.

Pop a lid on the pan and remove from the heat. Set aside 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 to coat the **chicken**.

Fluff up the **bulgur wheat** using a fork and mix in the **charred courgette**, **tomatoes**, **cranberries** and **half** the **mint**.

Pop the **yoghurt** and remaining **mint** into a small bowl. Season with **salt** and **pepper**, then mix together.



## Char the Courgette

Meanwhile, heat a frying pan on high heat (no oil).

Once 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 your bowls and top with the **harissa chicken**.

Add a dollop of **mint yoghurt** to finish.

## Enjoy!