

Harissa Chicken on Jewelled Bulgur



with Charred Courgette and Mint Yoghurt

Calorie Smart 25-30 Minutes • Medium Spice • 3 of your 5 a day • Under 650 Calories



Before you start

Our fruit and veg 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 13)	120g	180g	240g
Diced Chicken Thigh**	210g	350g	390g
Harissa Paste	¾ sachet	1 sachet	1½ sachets
Low Fat Natural Yoghurt** 7)	75g	150g	150g
Pantry	2P	3P	4P
Water for the Bulgur*	240ml	360ml	480ml

Water for the Bulgur 240ml *Not Included **Store in the Fridge

Nutrition

Per serving	Per 100g
422g	100g
2365 /565	561/134
18.6	4.4
3.7	0.9
69.3	16.4
20.0	4.7
33.0	7.8
1.33	0.32
	422g 2365 /565 18.6 3.7 69.3 20.0 33.0

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

Contact

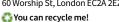
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HelloFresh UK

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



FSC MIX





Get Prepped

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

Trim the courgette, then cut into small 2cm chunks. Chop the tomatoes into 1cm pieces.

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



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 pantry 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.



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.



Fru the Chicken

Pop the (now empty) frying pan back on mediumhigh heat with a drizzle of **oil**.

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. The chicken is cooked when no longer pink in the middle.

Scan to get your exact PersonalPoints[™] value





Finishing Touches

Once the chicken is cooked, remove from the heat and let it cool slightly. Stir the harissa (add less if you'd prefer things milder) into the pan to coat the chicken.

Once cooked, fluff up the **bulgur** 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.



Serve

Serve the jewelled bulgur in bowls and top with the harissa chicken.

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

Enjoy!

