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Mango Chutney Chicken with Spiced Bulgur and Roasted Romanesco

We bet you're wondering what that strange coral like vegetable is in your box this week? Well that folks is our veggie of the month ... Romanesco! This fascinating veggie is a cross between broccoli and cauliflower and if you can bring yourself to chop it up (we found it hard to stop admiring it), it goes pretty nicely with our sticky mango chutney chicken!

 35 mins

 healthy

 lactose free



Chicken Thigh (4)



Mango Chutney
(2 tbsp)



Ground Cumin
(1 tbsp)



Romanesco (1/2)



Onion
(1)



Garlic Clove (1)



Tomato Purée (1 1/2 tbsp)



Bulgur Wheat (100g)



Water (250ml)



Vegetable Stock Pot
(1)



Flaked Almonds
(2 tbsp)


2 PEOPLE INGREDIENTS

- Chicken Thigh **4**
- Mango Chutney **2 tbsp**
- Ground Cumin **1 tbsp**
- Romanesco, florets **½**
- Onion, chopped **1**
- Garlic Clove, grated **1**
- Tomato Purée **1½ tbsp**
- Bulgur Wheat **100g**
- Water **250ml**
- Vegetable Stock Pot **1**
- Flaked Almonds **2 tbsp**

Allergens: Gluten, Celery, Sulphites, Nut.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	486 kcal / 2041 kJ	24 g	5 g	26 g	20 g	14 g	3 g
Per 100g	140 kcal / 589 kJ	7 g	1 g	7 g	6 g	4 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

A basket of mangos is considered a gesture of friendship in India.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Pre-heat your oven to 200 degrees. Put the **chicken** in a bowl with a good pinch of **salt** and a few grinds of **black pepper**. Add in the **mango chutney**, half the **cumin** and ½ tbsp of **oil** per person. Mix everything together. **Tip:** *Doing this with your hands is much more effective but remember to wash them afterwards!*

2 Separate the **romanesco** into florets with a knife or your hands (so into little ‘trees’). Cut the **onion** in half through the root, peel and chop into roughly 1cm pieces. Peel and grate the **garlic**. Put your **romanesco** florets on a baking tray with a splash of **oil**, a pinch of **salt** and a good grind of **black pepper**. Give the tray a shake to make sure the **romanesco** has a good coating of oil and seasoning and leave to the side for a few mins.

3 Put your **onion** in a pot with a drizzle of **oil** on medium heat. Cook for 5 mins until your **onion** is soft, then add your **garlic**, the rest of the **ground cumin** and the **tomato purée**. Stir and cook for 1 minute before adding the **bulgur wheat** and stirring everything together. Pour in the **water** (as specified in the ingredient table above) and the **stock pot**, bring to a simmer, making sure you stir to dissolve the **stock pot**. Take the pot off the heat, put a lid on and leave to the side for 25 mins to allow the **stock** to absorb into the **bulgur**.

4 Put your **romanesco** in your oven to cook for 25 mins, until slightly crispy and cooked through.

5 Meanwhile, put a frying pan on medium heat and add the **almonds**. Toast them for 2-3 mins or until slightly golden, then remove them from the pan (don’t wash up the pan, you’ll use it later). **Tip:** *Watch the almonds like a hawk to make sure they don’t burn!*

6 **Tip:** *If you have time, now is about the right time to give your kitchen a little tidy, if not don’t worry!* After the romanesco has been in your oven for 10 mins, put the frying pan you toasted your **almonds** in on medium heat with a splash of **oil** and add your **chutney** coated **chicken**. Fry for 6-7 mins until each side is browned and slightly caramelised and your **chicken** is cooked through. **Tip:** *The chicken is cooked when no longer pink in the middle.* The outside should be slightly charred and a little blackened (which is a result of the mango chutney caramelising), this will add to the flavour!

7 Once your **chicken** is cooked, remove it to a board to rest for a couple of mins. In the meantime, fluff up your **bulgur wheat** with a fork and remove your roasted **romanesco** from your oven.

8 Slice your **chicken** into 2cm wide strips. Serve your **bulgur** on plates with your **chicken** on top and your roasted **romanesco** on the side. Sprinkle over your toasted **almonds** and enjoy!

Don’t forget to rate this recipe - just keep an eye on your emails for this week’s survey!