



# DINNER - MIDDLE EASTERN CHICKEN HOT POT

## LUNCH - CORONATION CHICKEN CIABATTA

DINNER SOLVED  
HELLO LUNCH!

*Yummy dinner, delicious lunch all in one shot, well done you!*

DINNER



LUNCH



Onion



Carrot



Vine Tomato



Dried Apricots



Coriander



Lemon



Chickpeas



Diced Chicken Thigh



Chermoula Spice



Tomato Puree



Chicken Stock Powder



Bulgur Wheat



Curry Powder



Flaked Almonds



Mayonnaise



Mango Chutney



Ciabatta



Rocket

### DINNER TO LUNCH

Transform dinner into a tasty new lunch!

**DINNER: 55mins** **LUNCH: 5mins**

Little heat

Chef Jesse is a big fan of both middle eastern food and traditional British food (who isn't!?). So she created this delish chicken, apricot and chickpea hotpot with some fluffy bulgar wheat for your dinner, and for lunch you've got a creamy coronation chicken ciabatta. Same amount of effort for 2 different meals! Winning!

MEAL BAG

18

# BEFORE YOU START

🧼 Wash the Veggies. 🍴 Make sure you've got a **Fine Grater, Sieve**, two **Large Saucepan** (with Lids), **Measuring Jug** and **Baking Tray**. Now, let's get cooking your **Dinner** and **Lunch!**



## 1 PREP TIME

Preheat your oven to 200 °C. Halve, peel and thinly slice the **onion**. Trim the **carrot**, quarter lengthways (no need to peel) then chop widthways into 2cm chunks.

Roughly chop the **tomato**, **dried apricots** and **coriander** (stalks and all). Zest and halve the **lemon**. Drain and rinse the **chickpeas** in a sieve. Separate two portions of **chicken** that you will need for your lunch. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



## 4 ROAST THE CHICKEN

Next, place the remaining **chicken** onto a baking tray and sprinkle over the **curry powder** and a drizzle of oil. Toss to evenly coat. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Pop the chicken tray on the middle shelf of your oven to roast for 15-20 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. When cooked, allow to cool, you will use it in your sandwich for lunch.



## 2 START THE HOTPOT

Heat a splash of **oil** in a large saucepan over medium-high heat. When hot, add the **chicken** reserved for your dinner. Fry until browned, stirring occasionally, 3-4 mins. Stir in the **carrot**, **onion** and **three-quarters** of the **dried apricots**. Cook for 2 mins then add the **Chermoula spice blend**, **half** the **tomato purée** and **three-quarters** of the **tomato**. Cook for 1 minute, then stir in **half** the **stock powder** and the **water** for the hotpot (see ingredients for amount). Lower the heat, cover with a lid and simmer for 12-15 mins.



## 5 FINISH AND SERVE

When the **hotpot** is ready, add the **chickpeas** and simmer until piping hot, another 2 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Fluff up the **bulgur** with a fork and stir in the **lemon zest**. Add a squeeze of **lemon juice** and **half** the **coriander**. Season to taste with **salt** and **pepper**. Divide the **bulgur** between your bowls, spoon the hotpot on top and sprinkle over **half** the **almonds**. **Enjoy!**



## 3 GET THE BULGUR ON

Meanwhile, pour the **water** for the bulgur wheat (see ingredients for amount) into another large saucepan and bring to the boil. Stir in the **bulgur** and the remaining **stock powder**, bring back up to the boil, pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 6 LUNCH PREP

Once you have eaten, roughly chop the cooled **roasted chicken**. Pop the **mayo**, **mango chutney**, and the remaining **tomato purée**, **tomato**, **coriander**, **apricots** and **almonds** in a large bowl. Mix well to combine. Season to taste with **lemon juice**, **salt** and **pepper**. Mix in the **chicken**. Slice each **ciabatta** in half and fill with a handful of **rocket** and the **coronation chicken**, then wrap and refrigerate until needed. **Enjoy!**

# 2-4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion *	1	2	2
Carrot *	1	2	2
Vine Tomato	2	3	4
Dried Apricots 14)	1 bag	1½ bags	2 bags
Coriander *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Chickpeas	½ carton	1 carton	1 carton
Diced Chicken Thigh *	560g	700g	840g
Chermoula Spice	1 large pot	2 pots	2 large pots
Tomato Puree	1 sachets	1½ sachets	2 sachets
Chicken Stock Powder	1 sachet	1½ sachet	2 sachet
Water for the Hotpot*	150ml	225ml	300ml
Water for the Bulgur*	200ml	300ml	400ml
Bulgur Wheat 13)	100g	150g	200g
Curry Powder	1 pot	1½ pots	2 pots
Flaked Almonds 2)	1 bag	1½ bags	2 bags
Mayonnaise 8) 9)	1 sachet	1 sachet	1 sachet
Mango Chutney	1 pot	1 pot	1 pot
Ciabatta 11) 13)	2	2	2
Rocket *	1 bag	1 bag	1 bag

\*Not Included \* Store in the Fridge

## ALLERGENS

2) Nut 8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

## NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 510G	PER 100G
Energy (KJ/kcal)	2828/ 675	555/ 132
Fat (g)	18	4
Sat. Fat (g)	4	1
Carbohydrate (g)	71	14
Sugars (g)	21	4
Protein (g)	53	10
Salt (g)	1.69	0.33
LUNCH	PER SERVING: 352G	PER 100G
Energy (KJ/kcal)	2965/ 710	843/ 202
Fat (g)	32	9
Sat. Fat (g)	5	1
Carbohydrate (g)	57	16
Sugars (g)	20	6
Protein (g)	49	14
Salt (g)	1.49	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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

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