



Middle Eastern Style Prawn Stew

with Chickpeas, Charred Courgette and Spiced Bulgur

Classic 30-35 Minutes • Medium Spice • 2 of your 5 a day

6



Red Onion



Vegetable Stock Paste



Bulgur Wheat



Garlic Clove



Courgette



Chickpeas



Tomato Passata



Harissa Paste



King Prawns

Before you start

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

Cooking tools

Saucepan, garlic press, sieve, bowl and frying pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste 10	20g	30g	40g
Bulgur Wheat 13	120g	180g	240g
Garlic Clove**	1	2	2
Courgette**	1	1½	2
Chickpeas	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Harissa Paste	1 sachet	1½ sachets	2 sachets
King Prawns** 5	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	551g	100g
Energy (kJ/kcal)	2362 /565	429 /103
Fat (g)	14.2	2.6
Sat. Fat (g)	1.7	0.3
Carbohydrate (g)	78.6	14.3
Sugars (g)	13.1	2.4
Protein (g)	30.1	5.5
Salt (g)	4.16	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 10) Celery 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.

Contact

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60 Worship St, London EC2A 2EZ

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Cook the Bulgur

Halve, peel and chop the **red onion** into small pieces. Heat a drizzle of **oil** in a large saucepan on medium-high heat. When hot, add **half the onion** and fry until softened, 4-5 mins.

Pour the **water for the bulgur** (see ingredients for amount) into the pan, stir in **half the veg stock paste** and 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.



Start your Stew

Wipe out the (now empty) frying pan and return to medium-high heat with a drizzle of **oil**.

When hot, add the remaining **onion** and cook until softened, 4-5 minutes.

Add the **garlic** and **chickpeas** (both whole and mashed) and cook for 1 min more.



Prep Time

While the **bulgur** cooks, peel and grate the **garlic** (or use a garlic press). Trim the **courgette**, then slice into thick 1cm rounds.

Drain and rinse the **chickpeas** in a sieve. Pop **half** into a medium bowl and roughly mash with the back of a fork.



Add the Prawns

Pour in the **tomato passata**, **water for the sauce** (see ingredients for amount), remaining **veg stock paste** and **two thirds** of the **harissa paste** (add less if you don't like heat).

Stir together, then bring to a simmer and cook until thickened, 8-10 mins. Season to taste with **salt** and **pepper**.

Bring to the boil, then stir in the **prawns** and cook for a further 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. The prawns are cooked when pink on the outside and opaque in the middle.



Char the Courgette

Heat a frying pan on high heat (no oil).

When hot, add the **courgette rounds** and cook until charred, 3-4 mins each side. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour.

Once cooked, season with **salt** and **pepper**, then chop into roughly 1cm pieces. Transfer to a bowl and cover to keep warm.



Finish and Serve

When everything is ready, fluff up the **bulgur** using a fork and stir through the remaining **harissa paste** until well combined.

Share the **bulgur** between your bowls and top with the **harissa prawn stew**. Scatter over the **charred courgette** to finish.

Enjoy!