



PRAWN CHICKPEA JUMBLE

with Zesty, Minty Bulgur Wheat



NUTRITIONIST APPROVED



HELLO WALNUTS

Walnuts are rich in omega 3, especially alpha-linolenic acid (ALA), which cannot be made in the body and is required to make other fats. Most people do get their source of Omega 3 from fish, however walnuts are a good source for vegans and vegetarians.



King Prawns



Chickpeas



Bulgur Wheat



Tomato Purée



Echalion Shallot



Walnuts



Flat Leaf Parsley



Green Pepper



Lemon



Ground Cumin



Ground Coriander



Mint



Red Pepper

MEAL BAG

30 mins

2 of your 5 a day

Low SUGAR Low in sugar

Balanced

Under 550 calories

Low FAT Low in sat fat

A hearty and wholesome mix of spices, veg, nutty bulgur, juicy prawns and fresh herbs, our Prawn and Chickpea Jumble is the perfect recipe for any night of the week. Chickpeas are a good source of nutritional fibre, helping you to stay feeling full. Serve up in bowls and finish off the dish with a sprinkling of chopped parsley, mint and a good squeeze of fresh lemon.

GET PREPARED!

Fill and Boil your Kettle.

BEFORE YOU START

🔥 Fill and Boil your **Kettle**. 🧼 Wash the veggies. 🍴 Make sure you've got a **Sieve, Large Saucepan** (with a Lid), **Measuring Jug, Fine Grater** and **Frying Pan**. Let's start cooking the **Prawn Chickpea Jumble with Zesty, Minty Bulgur Wheat**.



1 DO THE PREP

- Halve, peel and finely slice the **shallot**.
- Halve the **peppers** and discard the cores and **seeds**. Chop into small pieces.
- Drain and rinse the **chickpeas** in a sieve.



2 START THE BULGUR

- Heat a drizzle of **oil** in a large saucepan on medium heat. When hot, add the **shallot** and **peppers** and cook, stirring occasionally, until starting to soften, 2-3 mins.
- Stir in the **ground cumin, ground coriander** and **tomato purée**. Cook for 1 minute.
- Stir in the **bulgur wheat** and **chickpeas**.



3 COOK THE BULGUR

- From your kettle pour in the boiling **water** (see ingredients for amount) and bring back 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 (the **bulgur** will continue to cook in its own steam).



4 FINISH UP

- Meanwhile, roughly chop the **parsley** (stalks and all). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Zest the **lemon** then chop into wedges.
- Roughly chop the **walnuts**.



5 FRY THE PRAWNS

- Five minutes before the **bulgur** is ready, heat a drizzle of **oil** in a frying pan on high heat.
- When hot, add the **prawns** and a pinch of **salt** and **pepper** and stir-fry until cooked, 4-5 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle. Add a squeeze of **lemon juice** to the pan and remove from the heat.



6 SERVE

- Fluff up the **bulgur** with a fork and stir through the **lemon zest, walnuts** and half the **mint** and **parsley**.
- Season to taste with **salt** and **pepper** if needed.
- Serve in bowls topped with the **prawns**, remaining **herbs** and any remaining **lemon wedges** for squeezing over.

2-4 PEOPLE INGREDIENTS

	2P	3P	4P
King Prawns 5) *	150g	250g	280g
Chickpeas	1 carton	1½ cartons	2 cartons
Bulgur Wheat 13)	100g	150g	200g
Tomato Purée	½ sachet	¾sachet	1 sachet
Echalion Shallot *	1	1	2
Walnuts 2)	1 small bag	1 large bag	1 large bag
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Green Pepper *	1	2	2
Lemon *	½	¾	1
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ground Coriander *	1 small pot	¾ large pot	1 large pot
Mint *	1 bunch	1 bunch	1 bunch
Red Pepper *	1	1	2
Water*	200ml	300ml	400ml

*Not Included
* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 472G	PER 100G
Energy (kJ/kcal)	1958 / 468	415 / 99
Fat (g)	12	3
Sat. Fat (g)	2	2
Carbohydrate (g)	59	13
Sugars (g)	10	2
Protein (g)	27	6
Salt (g)	2.22	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 5) Crustaceans 13) Gluten

🧼 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.

👍 THUMBS UP OR THUMBS DOWN?

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Enjoy!