



Spiced Chicken and Pepper Bulgur with Tenderstem® Broccoli and Yoghurt

16

Rapid Eat Me Early • 20 Minutes • Medium Spice • 1 of your 5 a day



Bell Pepper



Tenderstem® Broccoli



Bulgur Wheat



Vegetable Stock Paste



Diced Chicken Thigh



Chermoula Spice Mix



Harissa Paste



Low Fat Natural Yoghurt



Diced Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Kettle, saucepan, lid, frying pan, aluminum foil.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Diced Chicken Thigh**	280g	420g	560g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Low Fat Natural Yoghurt** 7)	75g	100g	150g
Diced Chicken Breast**	280g	420g	560g

Pantry	2P	3P	4P
Boiled Water for the Bulgur*	240ml	360ml	480ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	2577 /616	601/144
Fat (g)	24.0	5.6
Sat. Fat (g)	4.8	1.1
Carbohydrate (g)	61.6	14.4
Sugars (g)	11.2	2.6
Protein (g)	41.9	9.8
Salt (g)	1.75	0.41

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	2261 /540	527 /126
Fat (g)	13.0	3.0
Sat. Fat (g)	2.0	0.5
Carbohydrate (g)	61.6	14.4
Sugars (g)	11.2	2.6
Protein (g)	47.3	11.0
Salt (g)	1.75	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **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.

HelloFresh UK

Packed in the UK

The Fresh Farm

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Get Prepped

- Fill and boil your kettle.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Cut the **Tenderstem® broccoli** into thirds.



Add the Broccoli

- Once the **chicken** is cooked, add the **Tenderstem®** to the pan and stir-fry for 2-3 mins, then add a splash of **water**.
- Pop a lid on the pan, or cover in foil, and cook until tender, a further 2-3 mins.
- Season with **salt** and **pepper**.



Bring on the Bulgur

- Pour the **boiling water for the bulgur wheat** (see ingredients for amount) into a saucepan and bring to the boil.
- Stir in the **bulgur** and **veg stock paste**, 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.



Combine and Stir

- When the **bulgur** is cooked, fluff it up with a fork.
- Stir through the **harissa paste** (add less if you don't like heat).
- Add the **bulgur** to the **chicken** and **veg** pan, then gently mix together until combined. Taste and add **salt** and **pepper** if needed.



Fry the Chicken and Spice

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **chicken**, **pepper** and **chermoula spice mix** (add less if you'd prefer things milder). Season with **salt** and **pepper**, then stir to combine.
- Fry until the **pepper** has softened and the **chicken** is golden brown on the outside and cooked through, 8-10 mins, stirring occasionally. Lower the heat if needed. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



Serve

- Spoon the **chicken and veg bulgur** into your bowls.
- Finish with a dollop of **yoghurt**.

Enjoy!