



Spiced Chicken, Pepper and Bulgur Jumble with Roasted Tenderstem® and Yoghurt

Classic Eat Me Early • 25 Minutes • Medium Spice • 1 of your 5 a day



Bell Pepper



Bulgur Wheat



Vegetable Stock Paste



Diced Chicken Thigh



Chermoula Spice



Tenderstem® Broccoli



Harissa Paste



Low Fat Natural Yoghurt



Diced Chicken Breast



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.


Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Measuring Cup, Saucepan with Lid, Frying Pan.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Water for the Bulgur*	240ml	360ml	480ml
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Paste 10	10g	15g	20g
Diced Chicken Thigh**	280g	420g	560g
Chermoula Spice	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

*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)	2608 /623	608 /145
Fat (g)	23	5
Sat. Fat (g)	5	1
Carbohydrate (g)	59	14
Sugars (g)	11	3
Protein (g)	42	10
Salt (g)	1.76	0.41

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	2291 /548	534 /128
Fat (g)	12	3
Sat. Fat (g)	2	1
Carbohydrate (g)	59	14
Sugars (g)	11	3
Protein (g)	48	11
Salt (g)	1.76	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens


7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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

 You can recycle me!



Get Prepped

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



Cook 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 minute.
- Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Cook the Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **chicken, pepper** and **chermoula** (add less if you don't like heat). Season with **salt** and **pepper** and stir to combine.
- IMPORTANT:** Wash your hands after handling chicken and its packaging.
- Fry until the **chicken** is browned and cooked through, 9-11 mins, stir occasionally. Lower the heat if the **chicken** and **pepper** start to go too dark.
- IMPORTANT:** The chicken is cooked when no longer pink in the middle.



CUSTOM RECIPE

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



Cook the Tenderstem®

- Add the **Tenderstem®** to the **chicken**.
- Add a splash of **water**, cover with a lid.
- Cook for 4-6 mins, until the **Tenderstem®** is tender but still crunchy.



Combine

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



Finish and Serve

- Spoon the **bulgur, chicken** and **veg** into bowls.
 - Drizzle some **yoghurt** over the top.
- Enjoy!**