



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

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

24



Bell Pepper



Bulgur Wheat



Vegetable
Stock Powder



Diced Chicken Thigh



Chermoula Spice



Tenderstem Broccoli®



Harissa Paste



Natural Yoghurt

Before you start

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

Cooking tools, you will need:

Chopping Board, Sharp Knife, Saucepan, Measuring Jug, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Boiling Water*	240ml	360ml	480ml
Bulgur Wheat 13	120g	180g	240g
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Tenderstem Broccoli***	150g	200g	300g
Harissa Paste	¾ sachet	1 sachet	1½ sachets
Natural Yoghurt 7 **	75g	100g	150g

*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	423g	100g
Energy (kJ/kcal)	2581 /617	611 /146
Fat (g)	22	5
Sat. Fat (g)	5	1
Carbohydrate (g)	60	14
Sugars (g)	11	3
Protein (g)	43	10
Salt (g)	1.54	0.37

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.

Contact

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You can recycle me!



Get Prepped

- Preheat your oven to 200°C.
- Fill and boil your kettle.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm sized chunks.



Roast the Tenderstem

- Meanwhile, pop your **Tenderstem broccoli** onto a baking tray and drizzle with **oil**. Season with **salt** and **pepper**.
- Bake on the top shelf of your oven until tender, 10-12 mins.



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 powder**, 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.



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 you feel it needs it.



Cook the Chicken

- Meanwhile, heat a drizzle of **oil** in a frying pan on high heat.
- Once hot, add the **chicken**, **pepper** and **chermoula spice** (add less if you don't like heat). Season with **salt** and **pepper** and stir to combine.
- 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.



Finish and Serve

- Spoon the **bulgur**, **chicken** and **veg** into bowls.
- Top with the roasted **Tenderstem**.
- Drizzle some **yoghurt** over the top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.