



Spiced Chicken and Pepper Bulgur with Tenderstem® Broccoli and Yoghurt

16

Rapid Eat Me Early • 20 Minutes • Medium Spice • 2 of your 5 a day



Bell Pepper



Tenderstem® Broccoli



Garlic Clove



Bulgur Wheat



Vegetable Stock Paste



Diced Chicken Thigh



Chermoula Spice Mix



Harissa Paste



Greek Style 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, garlic press, saucepan, lid, frying pan, aluminium foil and bowl.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Tenderstem® Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
Bulgur Wheat 13)	120g	180g	240g
Vegetable Stock Paste 10)	10g	15g	20g
Diced Chicken Thigh**	210g	350g	390g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Greek Style Natural Yoghurt** 7)	75g	100g	150g
Diced Chicken Breast**	280g	420g	560g

Pantry	2P	3P	4P
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

Typical Values	Per serving	Per 100g
for uncooked ingredient	399g	100g
Energy (kJ/kcal)	2514/601	631/151
Fat (g)	24.1	6.0
Sat. Fat (g)	6.0	1.5
Carbohydrate (g)	62.2	15.6
Sugars (g)	11.2	2.8
Protein (g)	37.9	9.5
Salt (g)	1.86	0.47

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	419g	100g
Energy (kJ/kcal)	2407/575	575/137
Fat (g)	16.3	3.9
Sat. Fat (g)	4.1	1.0
Carbohydrate (g)	61.4	14.7
Sugars (g)	11.2	2.7
Protein (g)	45.1	10.8
Salt (g)	1.85	0.44

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

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.

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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.
- Peel and grate your **garlic** (or use a garlic press).



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

- Heat a drizzle of **oil** in a saucepan on medium-high heat. Stir through the **garlic**, lower the heat and cook for 1 min.
- Pour the boiling **water for the bulgur** (see pantry for amount) into the 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'd prefer things milder).
- 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 and cooked through, 8-10 mins. Stir occasionally and 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!