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Yoghurt and Dukkah Crusted Chicken with Aubergine and Bulgur Wheat

Have you heard of dukkah? It's a delicious Egyptian condiment full of nuts, spices and herbs. We're so inspired by our dukkah suppliers - they ONLY make dukkah, so they're absolute experts - that we made this dish in their honour. Voila!

40 mins

2 of your 5 a day

healthy

mild



Water (300ml)



Chicken Stock Pot (½)



Bulgur Wheat (100g)



Aubergine (1)



Red Pepper (1)



Spring Onion (2)



Chicken Breast (2)



Natural Yoghurt (½ pot)



Dukkah Spice (2 tbsp)

2 PEOPLE INGREDIENTS

- Water
- Chicken Stock Pot
- Bulgur Wheat
- Aubergine, chopped
- Red Pepper, chopped

300ml
½
100g
1
1

- Spring Onion, sliced **2**
- Chicken Breast **2**
- Natural Yoghurt **½ pot**
- Dukkah Spice **2 tbs**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

In its native home of Egypt, dukkah was traditionally served as an early evening snack, by dunking a flatbread in olive oil and dukkah.

Allergens: Gluten, Milk, Nut, Sesame, Celery.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	400 kcal / 1658 kJ	3 g	1 g	50 g	9 g	42 g	2 g
Per 100g	88 kcal / 365 kJ	1 g	0 g	11 g	2 g	9 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

2



1 Pre-heat your oven to 200 degrees. Fill a pot with the **water** (as specified in the ingredient list) and bring to the boil on high heat, with the **chicken stock pot**. Once the water is boiling, pour in the **bulgur wheat**, place a lid on the pot and rest off the heat for 15 mins, or until the water has completely soaked into the wheat. **Tip:** *The bulgur can rest for more than 15 mins, it will just keep warm in the pot!*

4



2 In the meantime, cut the **aubergine** in half lengthways, cut each half into strips and then chop the strips into roughly 2cm cubes. Remove the core from the **pepper** and chop into roughly 2cm cubes. Thinly slice the **spring onion** (keeping the white and green parts separate).

5



3 Put your **aubergine** on a baking tray and drizzle over enough **oil** to just coat your aubergine. Sprinkle over a pinch of **salt** and a good grind of **pepper** and put in your oven to roast for 25 mins. After 10 mins, add your **red pepper** to the baking tray, stir together (careful not to burn yourself!), and pop back into your oven.

7



4 Lay your **chicken breast** on a chopping board, place your hand flat on top and slice into it from the side. Open it up like a book. You've now butterflied your chicken! Repeat for the rest of your **chicken**.

5 Season your **chicken** with a pinch of **salt** and a good grind of **pepper** and season the **yoghurt** with a pinch of **salt** and some **pepper** too. Put your **chicken** on a lightly oiled baking tray. Coat the top of each **chicken breast** with a dollop of **yoghurt** (you can use a spoon to do this), then evenly sprinkle 1 tbs of **dukkah spice** over each **chicken breast**. Pop in your oven to cook for 15-20 mins. **Tip:** *The chicken is cooked when no longer pink in the middle.*

6 While everything is cooking, get cracking with your washing up!

7 Once your **veggies** are cooked, take them out of your oven and add them to the pot with **bulgur wheat**, along with the **whites** of your **spring onion**. Stir everything together. **Tip:** *If there are any juices left in the chicken tray then pour them into the bulgur too!*

8 Cut your **dukkah crusted chicken** into 2cm wide slices and serve on top of your **veggies** and **bulgur wheat**. Sprinkle over the **greens** of your **spring onion** and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!