



More Than Food
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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's why we've made it spice of the month! Voilà!

40 mins

2 of your 5 a day

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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 Mix
(2 tbsps)


2 PEOPLE INGREDIENTS

- Water **300ml**
- Chicken Stock Pot **½**
- Bulgur Wheat **100g**
- Aubergine, chopped **1**
- Red Pepper, chopped **1**
- Spring Onion, sliced **2**
- Chicken Breast **2**
- Natural Yoghurt **½ pot**
- Dukkah Spice Mix **2 tbsp**

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

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	458 kcal / 1898 kJ	8 g	1 g	51 g	10 g	44 g	1 g
Per 100g	101 kcal / 418 kJ	2 g	0 g	11 g	2 g	10 g	0 g

 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.

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 Preheat your oven to 200 degrees. Fill a pot with the **water** (amount specified in the ingredient list) and the **chicken stock pot**, and bring to the boil on high heat. 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 **red pepper** and chop into roughly 2cm cubes. Thinly slice the **spring onion** (keep the white and green parts separate).

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

5



4 Lay the **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 the **chicken**.

5 Season your chicken and the **yoghurt** with a pinch of **salt** and a good grind of **black pepper**. 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 tbsp of **dukkah spice mix** over each **chicken breast**. Pop on the top shelf of your oven for 15-20 mins. **Tip:** *The chicken is cooked when it is no longer pink in the middle.*

7



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 of **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!