



Zahtar Chicken Breast

With Balsamic Bulgur

Calorie Smart 20 Minutes • Under 600 Calories • 2 of your 5 a day • Little Heat

N° 10



Red Onion



Bell Peppers



Coriander



Garlic



Vegetable Stock Powder



Bulgur Wheat



Chicken Breasts



Zahtar Spice



Balsamic Vinegar



Cod Fillets



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

Cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Measuring Jug, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Peppers**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat (13)	120g	180g	240g
Chicken Breasts**	2	3	4
Zahtar Spice	1 small pot	1 large pot	1 large pot
Balsamic Vinegar (14)	1 sachet	1 sachet	2 sachets
Cod Fillets 4)**	2	3	4

*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	515g	100g
Energy (kJ/kcal)	2096 / 501	407 / 97
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	60	12
Sugars (g)	11	2
Protein (g)	49	10
Salt (g)	1.04	0.20

Custom Recipe

	Per serving	Per 100g
for uncooked ingredient	455g	100g
Energy (kJ/kcal)	1623 / 388	357 / 85
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	62	14
Sugars (g)	11	2
Protein (g)	27	6
Salt (g)	1.07	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 10) Celery 13) Gluten 14) Sulphites

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.

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Prep Ahead

- Preheat your oven to 200°C.
- Halve, peel and thinly slice the **red onion**.
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm sized chunks.
- Roughly chop the **coriander** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).



Cook The Chicken

- Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **chicken breast**, season with **salt** and **pepper** and cook until browned, 4-5 mins on each side.
- Pop onto a baking tray, sprinkle over the **zahtar spice** and roast until cooked through, 12-15 mins.
IMPORTANT: *The chicken is cooked when it is no longer pink in the middle.*

CUSTOM RECIPE

If you've opted for **cod** instead of chicken, ignore the chicken instructions above. Instead, pop the **cod fillets** on a baking tray lined with baking paper, season with **salt** and **pepper**, sprinkle over the **zahtar spice** and roast on the top shelf of your oven until cooked through, 12-15 mins.

IMPORTANT: *The fish is cooked when opaque in the middle.*



Start the Bulgur

- Heat a drizzle of **oil** in a medium saucepan on a medium-high heat. When hot, add the **onion** and **pepper** and cook stirring frequently until tender, 5-6 mins.
- Add the **garlic** and cook for a further minute.



Fluff the Bulgur

- Once **bulgur** has steamed, carefully fluff it with a fork and stir through the **balsamic vinegar**. Taste and season with **salt** and **pepper**.



Bulgur Time

- Once the **garlic** has cooked, pour the **water** (see ingredients for amount) and **vegetable stock powder** into a saucepan and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for another minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until you're ready to serve.



Time to Serve

- Transfer the **chicken breasts** to a chopping board and leave to rest for 2 mins.
- Slice the **chicken breasts** into 1cm slices.
- Share the **bulgur** between your plates.
- Top with the **chicken breasts** and sprinkle over the **coriander**.

Enjoy!

CUSTOM RECIPE

If you've got **cod**, no need to rest and slice. Share the **bulgur** between your plates. Top with the **cod fillets** and sprinkle over the **coriander**.