



Glazed Chicken and Bell Peppers

with bulgur wheat and scallions

Calorie Smart 25-30 mins

11



Diced Chicken Breast



Garlic



Bulgur Wheat



Scallion



Red Wine Vinegar



Bell Pepper



Ketchup



Ketjap Manis



Onion

Pantry Items: Water, Flour, Salt, Oil, Pepper, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

Cooking tools you will need

Grater, Lid, Medium Pot

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Garlic	2 units	4 units
Bulgur Wheat	120 g	240 g
Scallion	1 unit	2 units
Red Wine Vinegar	2 sachets	4 sachets
Bell Pepper	1 unit	2 units
Ketchup	2 sachets	4 sachets
Ketjap Manis	1 sachet	2 sachets
Onion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	390 g	100 g
Energy (kJ/kcal)	1807.7 kJ/ 432.1 kcal	463.5 kJ/ 110.8 kcal
Fat (g)	4 g	1 g
Sat. Fat (g)	1 g	0.3 g
Carbohydrate (g)	63.9 g	16.4 g
Sugars (g)	13.9 g	3.6 g
Protein (g)	38.7 g	9.9 g
Salt (g)	1 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Prep the Veg

- Halve, peel and thinly slice the **onion**. Trim and thinly slice the **scallion**.
- Halve the **bell pepper**, and discard the core and seeds. Slice into strips.
- Peel and grate the **garlic** (or use a garlic press).
- Put 4 tbsp **flour** (double for 4p) in a large bowl and season with **salt** and **pepper**. Add the **chicken** pieces to the bowl and toss to coat completely. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



Fry the Chicken

- Pop your (now empty) pan back on medium-high heat and add a drizzle of **oil**.
- When hot, add the **chicken** and fry, turning frequently until golden on each side, 6-7 mins.
- Meanwhile, mix together the **ketjap manis**, **vinegar** and **ketchup** in a bowl with 75ml **water** (double for 4p).
- Once the **chicken** is golden, stir in the veg and cook for another min.



Make the Bulgur

- Pour 240ml **water** (double for 4p) into a pot for the **bulgur wheat** and bring to the boil.
- Once boiling, add the **bulgur**.
- Stir well, bring back up to the boil and simmer for 1 min, then put a lid on the pot and remove from the heat.
- Leave to the side for 12-15 mins or until ready to serve.

TIP: If you're in a hurry you can boil the water in your kettle.



Simmer the Sauce

- Pour the sauce into the pan with the **chicken** and vegetables and simmer, stirring occasionally until the mixture has reduced slightly and the **chicken** is cooked, 4-5 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.
- Remove the pan from the heat and add **salt**, **pepper** and **sugar** to taste.



Fry the Veg

- Heat a drizzle of **oil** in a pan on medium-high heat.
- Once hot, add the **bell pepper**, season with **salt** and **pepper** and fry until beginning to soften, 3-4 mins. Stir occasionally.
- Add the **onion** and another drizzle of **oil** (if necessary) to the pan, then cook until softened, 4-5 mins, stirring occasionally.
- Add the **garlic**, cook for 1 min more, then transfer the veg to a bowl and set aside.



Dish Up

- Fluff up the **bulgur wheat** with a fork and season to taste with **salt** and **pepper**.
- Spoon into bowls and serve with the **chicken** and veg.
- Top with a sprinkling of sliced **scallion**.

Enjoy!