



Harissa Prawn Stew

with chickpeas, charred courgette and spiced bulgur

Calorie Smart 25-30 mins • Eat me first • Spicy

11



Prawns



Onion



Bulgur Wheat



Courgette



Passata



Garlic



Vegetable Stock



Chickpeas



Harissa Paste



Pantry Items: Water, Oil, Salt, Pepper

Before you start

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

Cooking tools you will need

Grater, Lid, Pot, Sieve

Ingredients

	2P	4P
Prawns	180 g	360 g
Onion	1 unit	2 units
Bulgur Wheat	120 g	240 g
Courgette	1 unit	2 units
Passata	1 pack	2 packs
Garlic	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Chickpeas	1 pack	2 packs
Harissa Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	639.5 g	100 g
Energy (kJ/kcal)	2536.6 kJ/ 606.3 kcal	396.7 kJ/ 94.8 kcal
Fat (g)	10.2 g	1.6 g
Sat. Fat (g)	1.6 g	0.2 g
Carbohydrate (g)	81.8 g	12.8 g
Sugars (g)	12 g	1.9 g
Protein (g)	37.5 g	5.9 g
Salt (g)	3.9 g	0.6 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?
Head online or use the app to
rate this recipe.



You can recycle me!

1



Cook the Bulgur

- Halve, peel and chop the **onion** into small pieces.
- Place a large pot over medium-high heat with a drizzle of **oil**. When hot, add **half the onion**. Fry until softened, 4-5 mins.
- Add 240ml **water** (double for 4p) and **half the stock** to the pot. Bring to the boil.
- Add the **bulgur**, bring back to the boil. Simmer, 1 min.
- Cover and remove from heat. Leave for 12-15 mins or until ready to serve.

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

4



Start the Stew

- Wipe the (now empty) pan and return it to medium-high heat with a drizzle of **oil**.
- When hot, add the remaining **onion** and cook until softened, 4-5 mins.
- Add the **garlic** and **chickpeas** (both whole and mashed) and cook for 1 min more.

2



Prep the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **courgette** then slice into 1cm thick rounds.
- Drain and rinse the **chickpeas**.
- Pop **half** into a bowl and roughly mash with the back of a fork.

5



Add the Prawns

- Pour 100ml **water** (double for 4p), **passata**, remaining **stock** and two-thirds of the **harissa paste** into the pan.
- Stir together, then bring to a simmer and cook until thickened, 8-10 mins.
- Season to taste with **salt** and **pepper**.
- Bring to the boil, stir in the **prawns** and cook for a further 3-4 mins. **IMPORTANT:** Wash your hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.

3



Char the Courgette

- Place a medium pan over high heat (no oil).
- When hot, add the **courgette** and cook until charred, 3-4 mins each side. Turn only occasionally—this will allow the **courgette** to pick up a nice colour.
- Once cooked, remove from pan and chop into roughly 1cm pieces.
- Transfer to a bowl, season with **salt** and **pepper** and cover to keep warm.

6



Finish and Serve

- When everything is ready, fluff up the **bulgur** with a fork and mix in the remaining **harissa**.
- Share the **bulgur** between your bowls and top with the **harissa prawn** stew.
- Garnish with the charred **courgette**.

Enjoy!