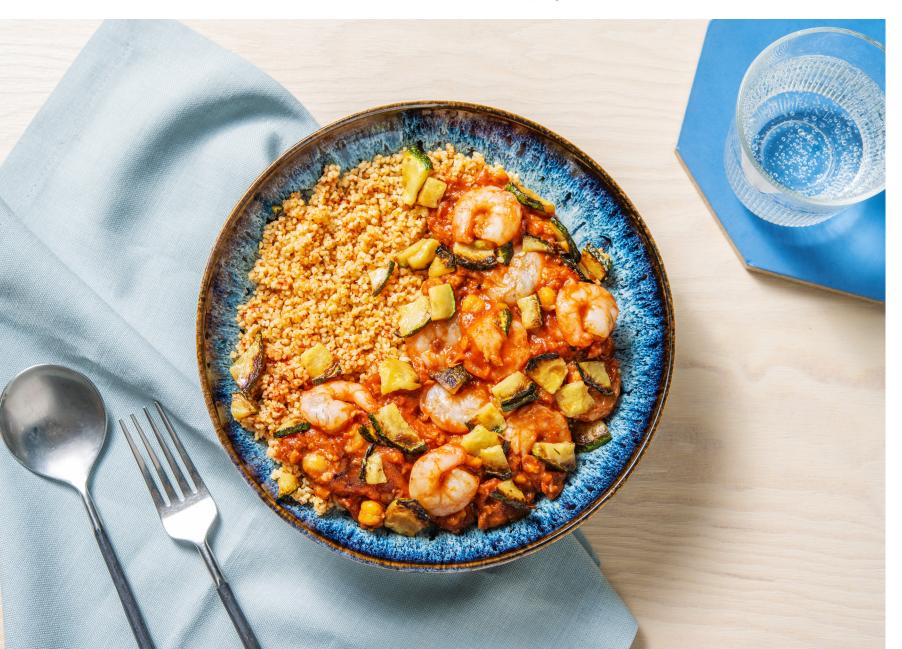


# Harissa Prawn Stew

with chickpeas, charred courgette and spiced bulgur

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













**Bulgur Wheat** 









Vegetable Stock



Harissa Paste

#### 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.





# 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.



### Start the Stew

- Wipe the (now empty) pan and return it to mediumhigh 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.



# 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.



# 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.



#### 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.



#### 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!