



Middle Eastern Chicken

with spinach and pine nut bulgur wheat

Calorie Smart Quick Cook 20-25 mins • Spicy

12



Diced Chicken Breast



Bulgur Wheat



Baby Spinach



Harissa Paste



Garam Masala



Pine Nuts



Chicken Stock



Tomato Paste



Onion



Lentils

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

Before you start

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

Cooking tools you will need

Lid, Pot, Sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Bulgur Wheat	120 g	240 g
Baby Spinach	60 g	120 g
Harissa Paste	1 sachet	2 sachets
Garam Masala	1 sachet	2 sachets
Pine Nuts	10 g	20 g
Chicken Stock	1 sachet	2 sachets
Tomato Paste	1 pack	2 packs
Onion	½ unit	1 unit
Lentils	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	487 g	100 g
Energy (kJ/kcal)	2681.5 kJ/ 640.9 kcal	550.6 kJ/ 131.6 kcal
Fat (g)	11.1 g	2.3 g
Sat. Fat (g)	1.9 g	0.4 g
Carbohydrate (g)	77.1 g	15.8 g
Sugars (g)	22.2 g	4.6 g
Protein (g)	40.9 g	8.4 g
Salt (g)	4.4 g	0.9 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

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Prep Your Veg

- Pour 240ml **water** (double for 4p) into a large pot, stir in the **stock** and bring to the boil.
- Halve and peel the **onion**. Chop half (double for 4p) into small pieces.
- Roughly chop the **spinach**.
- Drain and rinse the **lentils** in a sieve.

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



Finish and Serve

- Fluff up the **bulgur** with a fork and stir through **pine nuts** and chopped **spinach**.
- Divide the **bulgur** between bowls.
- Serve the **chicken** and **lentils** alongside.

Enjoy!



Make the Bulgur

- Place a large pan over a medium-high heat with a drizzle of **oil**.
- Once hot, add the **onion** and fry until softened stirring occasionally, 3-4 mins.
- Meanwhile, stir the **bulgur** into the boiling **water**. Bring back up to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



Cook the Chicken

- Add the **chicken** to the pan with the softened **onion**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper** then fry until golden brown, 3-4 mins.
- Add the **harissa** and cook for 1 min.
- Stir in the **tomato paste**, **lentils** and 100ml **water** (double for 4p). Simmer for 8-10 mins, until thickened.
- In the last 2-3 mins of cooking add the **garam masala**. Season to taste with **salt**, **pepper** and **sugar**.