



Middle Eastern Style Prawn Stew

with chickpeas, charred courgette and spiced bulgur

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

11



Prawns



Onion



Passata



Garlic



Bulgur Wheat



Chickpeas



Courgette



Harissa Paste



Vegetable Stock

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 5)	180 g	360 g
Onion	1 unit	2 unit
Passata	1 pack	2 pack
Garlic	1 unit	2 unit
Bulgur Wheat 11) 13) 15)	120 g	240 g
Chickpeas	1 pack	2 pack
Courgette	1 unit	2 unit
Harissa Paste	1 sachet	2 sachet
Vegetable Stock 10)	1 sachet	2 sachet

Nutrition

	Per serving	Per 100g
for uncooked ingredients	634.5 g	100 g
Energy (kJ/kcal)	2514.4 kJ/ 601 kcal	396.3 kJ/ 94.7 kcal
Fat (g)	9.9 g	1.6 g
Sat. Fat (g)	1.6 g	0.2 g
Carbohydrate (g)	81.4 g	12.8 g
Sugars (g)	12 g	1.9 g
Protein (g)	37.2 g	5.9 g
Salt (g)	3.8 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **10)** Celery **11)** Soya **13)** Cereals containing gluten **15)** Wheat

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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Cook the Bulgur

- Halve, peel and chop the **onion** into small pieces.
- Add a little **oil** to a large pot on medium-high heat. 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 the pot 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 out the (now empty) pan and return 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.



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.



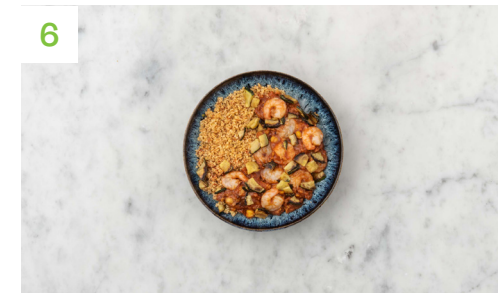
Add the Prawns

- Pour in the **passata**, 100ml **water** (double for 4p), remaining **stock** and two-thirds of the **harissa paste**.
- 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. The prawns are cooked when pink on the outside and opaque in the middle.



Fry the Courgette

- Heat a pan on high heat (no oil).
- When hot, add the **courgette** rounds and cook until charred, 3-4 mins each side. Turn only every couple of minutes - this will result in the **courgette** picking up some nice colour.
- Once cooked, season with **salt** and **pepper**, then chop into roughly 1cm pieces. Transfer to a bowl and cover to keep warm.



Finish and Serve

- When everything is ready, fluff up the **bulgur** using a fork and stir through the remaining **harissa paste** until well combined.
- Share the **bulgur** between your bowls and top with the **harissa prawn** stew.
- Finish with the charred **courgette**.

Enjoy!