



North African Style Prawns on a bed of spiced bulgur

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

11



Prawns



Bulgur Wheat



Courgette



Passata



Onion



Garlic



Vegetable Stock



Chickpeas



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
Bulgur Wheat	120 g	240 g
Courgette	1 unit	2 units
Passata	1 pack	2 packs
Onion	1 unit	2 units
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)	10.1 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)	3.8 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?
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You can recycle me!



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 **chickpeas** (both whole and mashed) and **garlic** and cook for 1 min more.



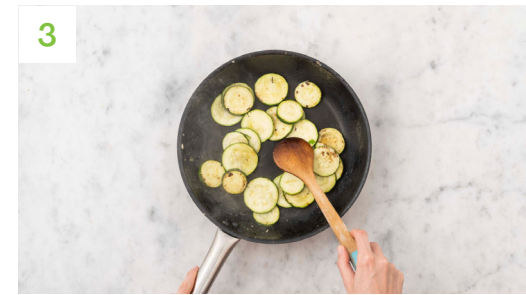
Prep the Veg

- 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.



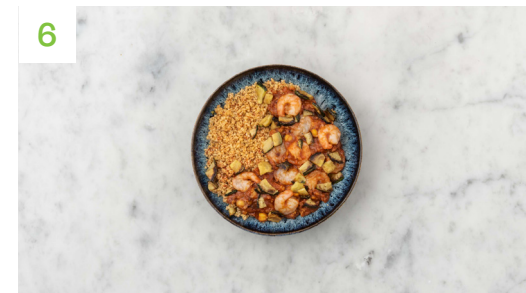
Add the Prawns

- Pour in 100ml **water** (double for 4p), **passata**, 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.



Char the Courgette

- Heat a pan on high heat (no oil).
- When hot, add the **courgette** and cook until charred, 3-4 mins each side. Turn only every couple of minutes—this will allow the **courgette** to pick up some 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.



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.
- Finish with the charred **courgette**.

Enjoy!