



# Paprika Chicken with Bulgur and Olive Jumble

Rapid Eat Me Early 20 Minutes • 2 of your 5 a day

N° 11



Red Onion



Garlic Clove



Baby Plum Tomatoes



Mint



Black Olives



Feta Cheese



Bulgur Wheat



Chicken Stock Paste



Chicken Thighs



Honey



Smoked Paprika

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Saucepan, Wooden Spoon, Measuring Jug, Frying Pan, Bowl.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Mint**	1 bunch	1 bunch	1 bunch
Black Olives	30g	45g	60g
Feta Cheese 7)**	100g	150g	200g
Bulgur Wheat 13)	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Water for the Bulgur*	240ml	360ml	480ml
Chicken Thighs**	210g	350g	420g
Honey	1 sachet	2 sachets	2 sachets
Smoked Paprika	1 sachet	1 sachet	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	345g	100g
Energy (kJ/kcal)	2441 /584	707 /169
Fat (g)	22	6
Sat. Fat (g)	8	2
Carbohydrate (g)	60	17
Sugars (g)	13	4
Protein (g)	36	10
Salt (g)	1.93	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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You can recycle me!



## 1 Prep

- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press). Halve the **baby plum tomatoes**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).
- Roughly chop the **olives**. Crumble the **feta**.



## 4 Glaze the Chicken

- When browned add the **honey, smoked paprika** and the remaining **garlic**. Season with **salt** and **pepper** and add a splash of **water**.
- Cook stirring frequently until the **chicken** is glazed, 2-3 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 2 Bulgur Time

- Heat a splash of **oil** in a medium saucepan on a medium-high heat.
- When hot, add the **onion**, cook stirring occasionally until soft, 4-5 mins.
- Add **half** of the **garlic** and cook stirring frequently for 1 min. Stir in the **bulgur wheat, chicken stock paste** and **water** (see ingredients for amount). Bring to the boil.
- Pop a lid on the pan and set aside for 12-15 mins or until ready to serve.



## 5 Mix the Bulgur

- Fluff up the **bulgur wheat** with a fork and gently stir through the **baby plum tomatoes, olives, mint** and **half** of the **feta**.
- Season to taste with **salt** and **pepper**.



## 3 Cook the Chicken

- Heat a splash of **oil** in a large frying pan over a medium-high heat.
- When hot add the **chicken** and cook stirring occasionally until browned all over, 6-7 mins. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging.



## 6 Time to Serve

- Share the **bulgur** between your bowls and top with the **glazed chicken**.
- Crumble over the remaining **feta**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.