



Paprika Glazed Chicken

with Bulgur and Olive Jumble

RAPID 20 Minutes • 2.5 of your 5 a day

N° 14



Red Onion



Garlic Clove



Cucumber



Baby Plum Tomatoes



Mint



Olives



Feta Cheese



Bulgur Wheat



Chicken Stock Powder



Diced Chicken Thighs



Honey



Smoked Paprika

Before you start

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

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Cucumber**	½	¾	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Mint**	1 bunch	1 bunch	1 bunch
Olives	1 pack	1½ packs	2 packs
Feta Cheese 7)**	1 block	1½ blocks	2 blocks
Bulgur Wheat 13)	120g	180g	240g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for Bulgur Wheat*	240ml	360ml	480ml
Diced Chicken Thighs**	210g	350g	420g
Honey	1 sachet	2 sachets	2 sachets
Smoked Paprika	1 small pot	1 large pot	1 large pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	590g	100g
Energy (kJ/kcal)	2835/678	481/115
Fat (g)	28	5
Sat. Fat (g)	12	2
Carbohydrate (g)	64	11
Sugars (g)	15	3
Protein (g)	40	7
Salt (g)	2.25	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep

- Halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a **garlic** press).
- Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces.
- 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**, the remaining **garlic**, season with **salt** and **pepper** and a small 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.** If you have some time, use this time to have a little tidy.



2. Start your Bulgur

- 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 1 minute.
- Add the **bulgur**, **chicken stock powder** 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** with a fork and gently stir through the chopped **cucumber**, **baby plum tomatoes**, **olives**, **mint** and **half** of the **feta**.
- Season to taste with **salt** and **pepper**.



3. Cook your 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 golden brown all over, 6-7 mins.



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.