



Prawn and Chickpea Bulgur Salad with Zhoug

Rapid 20 Minutes • Medium Spice • 2.5 of your 5 a day

15



Red Onion



Vegetable Stock Powder



Bulgur Wheat



Garlic Clove



Mangetout



Chickpeas



King Prawns



King Prawns



Zhoug Paste



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

All our fruit and veggies need a little wash before you use them.

Cooking tools, you will need:

Chopping Board, Sharp Knife, Saucepan, Measuring Jug, Lid, Fine Grater (or Garlic Press), Sieve and Frying Pan.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Water for the Bulgur Wheat*	240ml	360ml	480ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat 13)	120g	180g	240g
Garlic Clove**	1 clove	2 cloves	2 cloves
Mangetout**	1 small pack	1 large pack	1 large pack
Chickpeas	1 carton	1½ cartons	2 cartons
King Prawns 5)**	150g	250g	300g
King Prawns 5)**	300g	500g	600g
Zhoug Paste	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	387g	100g
Energy (kJ/kcal)	2295/549	594/142
Fat (g)	16	4
Sat. Fat (g)	2	1
Carbohydrate (g)	68	18
Sugars (g)	8	2
Protein (g)	29	7
Salt (g)	2.67	0.69
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	462g	100g
Energy (kJ/kcal)	2489/595	539/129
Fat (g)	16	4
Sat. Fat (g)	2	1
Carbohydrate (g)	68	15
Sugars (g)	8	2
Protein (g)	40	9
Salt (g)	3.65	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **10)** Celery **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.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Started!

- Halve, peel and chop the **red onion** into small pieces.
- Heat a drizzle of **oil** in a medium saucepan over medium-high heat. Add the **onion** and cook, stirring regularly, until soft, 3-4 mins.



Cook the Prawns

- About 5 minutes before the **bulgur wheat** is ready, heat a drizzle of **oil** in a large frying pan over medium-high heat.
- Add the **prawns** and **mangetout** and cook, stirring, until the **prawns** are almost cooked, and the **mangetout** is soft, 2-3 mins.
- Add the **garlic** and cook, stirring, until the **prawns** are cooked, 1 minute. Season with **salt** and **pepper**. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



CUSTOM RECIPE

If you've chosen to get **extra prawns**, just cook the recipe as instructed. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.*



Cook the Bulgur

- Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan with the **onion**, add the **vegetable stock powder** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins, or until ready to serve.



Finish up!

- Once the **bulgur** is cooked stir through the **chickpeas**.
- Add the **zhoug paste** and mix together. Taste and season with **salt** and **pepper**.



Finish the Prep

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Halve the **mangetout** lenthways.
- Drain and rinse the **chickpeas**.



Serve!

- Divide the **bulgur** between plates, top with the **prawns** and **mangetout**.

Enjoy!