



Prawn and Chickpea Bulgur Salad

with Zhoug and Tomato Salsa

N°17

RAPID 20 Minutes • Medium Heat • 2.5 of your 5 a day



Red Onion



Vegetable Stock Powder



Bulgur Wheat



Garlic Clove



Lemon



Baby Plum Tomatoes



Chickpeas



King Prawns



Zhoug Paste

Before you start

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

Basic cooking tools you will need:

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

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
Lemon**	½	¾	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Chickpeas	1 carton	1½ cartons	2 cartons
Olive Oil for the Tomatoes*	1 tbsp	1½ tbsp	2 tbsp
King Prawns 5)**	150g	250g	300g
Zhoug Paste	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	476g	100g
Energy (kJ/kcal)	2343 /560	493/118
Fat (g)	16	3
Sat. Fat (g)	2	1
Carbohydrate (g)	70	15
Sugars (g)	11	2
Protein (g)	29	6
Salt (g)	2.67	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 10) Celery 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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1. 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.



2. Cook the Bulgur

- Pour the **water** for the bulgur wheat (see ingredients for amount) into the saucepan, 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.



3. Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Zest and halve the **lemon**. Cut the **tomatoes** into quarters. Drain and rinse the **chickpeas**.
- Pop the quartered **tomatoes** into a bowl with a squeeze of **lemon juice**, **olive oil** (see ingredients for amounts) and season with **salt** and **pepper**. Mix together and set aside.



4. 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 cook, stirring, until almost cooked, 2 mins.
- Add the **garlic** and **chickpeas** and cook, stirring, until the **prawns** are cooked and the **chickpeas** are warmed through, 1-2 mins. Season with **salt** and **pepper**. **IMPORTANT:** The **prawns** are cooked when pink on the outside and opaque in the middle.



5. Finish up

- Add the cooked **bulgur** to the pan with the **prawns**. Add the **zhoug paste**, **lemon zest** and a squeeze of **lemon juice** and mix together. Taste and season with **salt** and **pepper**.



6. Serve

- Divide the **prawn salad** between plates and spoon over the **tomato salsa**.

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.