



6

# Prawn and Chickpea Bulgur Salad with Mangetout and Zhoug

Classic • 20 Minutes • Medium Spice • 2 of your 5 a day



Red Onion



Vegetable Stock Paste



Bulgur Wheat



Garlic Clove



Mangetout



Chickpeas



King Prawns



Chilli Flakes



Zhoug Style Paste

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, sieve and frying pan.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Water for the Bulgur*	240ml	360ml	480ml
Vegetable Stock Paste 10)	10g	15g	20g
Bulgur Wheat 13)	120g	180g	240g
Garlic Clove**	1	2	2
Mangetout**	80g	150g	150g
Chickpeas	1 carton	1½ cartons	2 cartons
King Prawns** 5)	150g	225g	340g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Zhoug Style Paste	1 sachet	1½ sachets	2 sachets

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

## Nutrition

for uncooked ingredient	Per serving	Per 100g
	376g	100g
Energy (kJ/kcal)	2274 /543	604 /144
Fat (g)	17.0	4.5
Sat. Fat (g)	2.3	0.6
Carbohydrate (g)	68.8	18.3
Sugars (g)	5.9	1.6
Protein (g)	28.4	7.6
Salt (g)	2.85	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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### Fry the Onion

- Halve, peel and chop the **red onion** into small pieces.
- Heat a drizzle of **oil** in a medium saucepan on medium-high heat.
- Once hot, add the **onion** and cook, stirring frequently, until soft, 3-4 mins.



### Bring on the Bulgur

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



### Cook the Prawns

- About 5 mins before the **bulgur wheat** is ready, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **prawns**, **mangetout** and a pinch of **chilli flakes** (add less if you don't like heat). **IMPORTANT:** Wash your hands and equipment after handling raw prawns.
- Cook, stirring, until the **prawns** are almost cooked and the **mangetout** is tender, 2-3 mins.



### Finish Up

- Add the **garlic** and cook, stirring, until the **prawns** are cooked, 1 min. Season with **salt** and **pepper**. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



### Get Prepped

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



### Finish and Serve

- Once the **bulgur** is cooked, fluff up with a fork and stir the **chickpeas** through.
- Stir in the **zhoug style paste**, then taste and season with **salt** and **pepper**.
- Divide the **bulgur** between your plates and top with the **prawns** and **mangetout**.

Enjoy!

