



# Roasted Chicken and Veggie Salad with Bulgur and Feta

**CLASSIC** 30 Minutes • 3 of your 5 a day

N° 21



Red Onion



Courgette



Radish



Feta



Chicken Thigh



Salmon Fillet



Chermoula Spice



Bulgur Wheat



Chicken Stock Powder



Baby Plum Tomatoes



Parsley



Red Wine Vinegar



## 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

### Basic cooking tools, you will need:

Baking Tray, Measuring Jug and Saucepan.

### Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Courgette**	1	2	2
Radish**	1	1	2
Feta <b>7</b> **	1 block	1½ blocks	2 blocks
Chicken Thigh**	2	3	4
 Salmon Fillets <b>4</b> **	2	3	4
Chermoula Spice	1 small pot	1 large pot	1 large pot
Water*	240ml	360ml	480ml
Bulgur Wheat <b>13</b>	120g	180g	240g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Baby Plum	1 small punnet	1 large punnet	1 large punnet
Tomatoes	1 small punnet	1 large punnet	1 large punnet
Parsley**	1 bunch	1 bunch	1 bunch
Red Wine Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

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

**Custom Recipe:** Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	512g	100g
Energy (kJ/kcal)	2770 /662	541 /129
Fat (g)	25	5
Sat. Fat (g)	11	2
Carbohydrate (g)	62	12
Sugars (g)	15	3
Protein (g)	45	9
Salt (g)	2.07	0.40

	Per serving	Per 100g
for uncooked ingredient	522g	100g
Energy (kJ/kcal)	2874 /687	551 /132
Fat (g)	29	6
Sat. Fat (g)	12	2
Carbohydrate (g)	63	12
Sugars (g)	15	3
Protein (g)	41	8
Salt (g)	2.23	0.43

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**4)** Fish **7)** Milk **13)** Gluten **14)** Sulphites

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.

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## 1. Prep your Veg

Preheat the oven to 200°C. Fill and boil your kettle. Halve and peel the **red onion**. Chop each half into three pieces. Trim the **courgette**, then halve lengthways and chop into roughly 1cm wide 5cm long batons. Halve the **radishes**. Crumble the **feta** into small pieces and set aside.



## 4. Prep the Tomatoes

Meanwhile, halve the **tomatoes** and pop them in a bowl. Roughly chop the **parsley** (stalks and all). Add **half** of the **parsley** to the **tomatoes** along with the **red wine vinegar** and **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Set aside.

### CUSTOM RECIPE

If you've got **salmon**, before you prep the **tomatoes** in the above step, pop the it on a lightly oiled baking tray and season with **salt** and **pepper**. When the veg have been cooking for 10 mins, turn them and pop the **salmon** into the oven to roast for the remaining 10-15 mins. **IMPORTANT:** The salmon is cooked when opaque all the way through.



## 2. Cook the Chicken and Veg

Pop the **red onion**, **courgette**, **radishes** and **chicken thighs** on a large baking tray in a single layer. Drizzle with **oil**, and sprinkle on the **chermoula**, season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 20-25 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want everything nicely spread out.

### CUSTOM RECIPE

If you've opted to get **salmon** instead of **chicken**, ignore the **chicken** cooking instructions in this step.



## 5. Finish Off

Once the **bulgur** is cooked add the remaining chopped **parsley** and mix through. Season with **salt** and **pepper** to taste. Once your **chicken** and **veg** are cooked, remove from the oven. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. Use two forks to pull the **chicken** apart into chunky shredded pieces (you can do this in the tray).

### CUSTOM RECIPE

Ignore the **chicken** instruction above if you've got **salmon**.



## 3. Cook the Bulgur

Pour the **water** for the bulgur wheat (see ingredients for amount) into a saucepan with the **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.



## 6. Put it all Together

Divide the **bulgur** between plates and top with equal portions of **chicken**, **roasted veggies** and **tomato salad**. Finish off with a crumble of **feta**.

### Enjoy!

### CUSTOM RECIPE

Serve the **salmon fillet** on top of the roasted veg, **bulgur** and **tomato salad**. Sprinkle the **feta** on top.