

# QCOOK

## Baby Tomato & Chicken Bowl

with bulgur & harissa paste

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Delheim Wines | Delheim Staying Alive Riesling

### Nutritional Info

	Per 100g	Per Portion
Energy	556kJ	3036kJ
Energy	133kcal	726kcal
Protein	12.6g	68.7g
Carbs	17g	93g
of which sugars	2.1g	11.2g
Fibre	5.4g	29.7g
Fat	1.8g	9.7g
of which saturated	0.3g	1.8g
Sodium	128mg	700mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Allium

**Spice Level:** Hot

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
150ml	200ml	Bulgur Wheat
450g	600g	Free-range Chicken Mini Fillets
45ml	60ml	Pesto Princess Harissa Paste
360g	480g	Tinned Lentils <i>drain &amp; rinse</i>
240g	320g	Patty Pans <i>rinse, trim &amp; cut into bite-sized pieces</i>
15ml	20ml	NOMU Moroccan Rub
8g	10g	Fresh Mint <i>rinse &amp; roughly slice</i>
240g	320g	Baby Tomatoes <i>rinse &amp; cut in half</i>
150ml	200ml	Tzatziki

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 300ml [400ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

**2. HARISSA & NOMU VEGGIES** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel, coat with the harissa, season, and set aside. When hot, fry the lentils and patty pans until lightly golden and crisping up, 10-12 minutes. In the final 1-2 minutes, add the NOMU rub. Remove from the pan, season, and set aside.

**3. COOK THE CHICKEN & ADD COLOUR** Return the pan to medium heat with a drizzle of oil. Fry the chicken until cooked through and lightly charred, 1-2 minutes. You may need to do this step in batches. Remove from the heat. In a salad bowl, combine the bulgur, veggies, ½ of the mint, baby tomatoes, a generous drizzle of olive oil and season.

**4. DINNER IS READY** Bowl up the loaded bulgur, top with the harissa chicken, top with dollops of tzatziki, and garnish with the remaining mint. Well done, Chef!