# UCOOK

## Chicken & Baby Tomato Bowl

**with bulgur & harissa paste**

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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

**Chef:** Kate Gomba

**Wine Pairing:** Muratie Wine Estate | Muratie Mr May Grenache

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 497kJ | 2715kJ |
| Energy | 119kcal | 649kcal |
| Protein | 10.5g | 57.1g |
| Carbs | 12g | 67g |
| of which sugars | 1.6g | 8.9g |
| Fibre | 3.5g | 19.2g |
| Fat | 3.1g | 17.1g |
| of which saturated | 0.3g | 1.8g |
| Sodium | 196mg | 1071mg |

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

**Spice Level:** Hot

**Ingredients & Prep Actions:**

| 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<br>*drain & rinse* |
| 240g | 320g | Patty Pans<br>*rinse, trim & cut into bite-sized pieces* |
| 15ml | 20ml | NOMU Moroccan Rub |
| 8g | 10g | Fresh Mint<br>*rinse & roughly slice* |
| 240g | 320g | Baby Tomatoes<br>*rinse & cut in half* |
| 150ml | 200ml | Tzatziki |

**From Your Kitchen**

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!