Eat Within 3 Days

UCOOK

Chicken & Baby Tomato Bowl

with bulgur & harissa paste

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

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 1	[Serves 2]	
50ml	100ml	Bulgur Wheat
150g	300g	Free-range Chicken Mini Fillets
15ml	30ml	Pesto Princess Harissa Paste
120g	240g	Tinned Lentils *drain & rinse*
80g	160g	Patty Pans *rinse, trim & cut into bite-sized pieces*
5ml	10ml	NOMU Moroccan Rub
3g	5g	Fresh Mint *rinse & roughly slice*
80g	160g	Baby Tomatoes *rinse & cut in half*
50ml	100ml	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 100ml [200ml] of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 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, 6-8 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. 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!