



# U C O O K

— COOKING MADE EASY

## CHICKEN CACCIATORE

with green olives, bell peppers & bulgur wheat

A speedy, sophisticated take on the rustic, Italian “hunter” stew. Layered with flavour and brimming with wholesome veg, it’s a deliciously perfect antidote to the chilly weather outside.

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**Prep + Active Time:** 15 minutes

**Total Cooking Time:** 30 minutes

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 **Serves:** 1 person

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 **Chef:** Samantha Finnegan

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 **Health Nut**

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## Ingredients

150 g	Free-Range Chicken Mini Fillets
10 ml	NOMU Italian Rub
100 ml	Bulgur Wheat
10 g	Sunflower Seeds
1	Whole Yellow Pepper <i>one half deseeded &amp; diced</i>
1	Celery Stick <i>thinly sliced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
200 g	Cooked Chopped Tomatoes
5 ml	Vegetable Stock
2 g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
40 g	Baby Spinach <i>rinsed</i>
40 g	Pitted Green Olives <i>drained &amp; roughly chopped</i>

## From Your Kitchen

Paper Towel  
Water  
Sugar/Sweetener/Honey  
Oil (cooking, olive & coconut)  
Salt & Pepper



### CHEF'S TIP

Bulgur wheat is a great whole grain that is high in protein and fiber for good energy levels and a happy healthy digestive system.

### 1. MARINADE & BULGUR WHEAT

Boil a full kettle. Pat the chicken dry with some paper towel. Place in a bowl with half of the Italian Rub and a drizzle of oil. Toss to coat, and set aside to marinate. Using a shallow bowl, submerge the bulgur wheat in 200ml of boiling water and add a drizzle of oil. Gently stir through with a fork, cover with a plate, and set aside to steam for 15-20 minutes.

### 2. SEEDS & CHARRED PEPPERS

Place the sunflower seeds in a large pot over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pot and set aside to cool until serving. Return the pot to a high heat with a drizzle of oil. When hot, fry the diced pepper for 1-2 minutes until lightly charred but still crunchy. Remove from the pot on completion and set aside.

### 3. MAKE YOUR CACCIATORE SAUCE

Return the pot to a medium heat with another drizzle of oil. When hot, add the sliced celery and sauté for 2-3 minutes until soft and translucent. Add the grated garlic and the remaining Italian Rub and fry for about a minute until fragrant. Add the cooked chopped tomatoes, vegetable stock, and 85ml of boiling water. Bring to the boil. Then, lower the heat and simmer for 5-8 minutes until thickened and reduced by a quarter.

### 4. BOOST YOUR BULGUR

When the bulgur wheat is cooked, fluff up with the fork. Stir through the chopped parsley, toasted sunflower seeds, and a drizzle of olive oil. Season to taste.

### 5. FINISH UP

Once the cacciatore has reduced, add in the marinated chicken mini fillets, pop on the lid, and simmer for 4-6 minutes until cooked through. Stir through the rinsed baby spinach and cook until wilted. On completion, add in the charred yellow pepper and chopped olives. Add a sweetener of choice and seasoning to taste. Remove from the heat.

### 6. TUCK IN!

Plate up some herby bulgur wheat and top with the saucy chicken cacciatore. Scrumptious!

## Nutritional Information

### Per Serving

Energy (kj)	3096
Energy (kcal)	740
Protein	57
Carbs	94
of which sugars	14
Fibre	20
Fat	18
of which saturated	3
Salt	6

Cook within: 3 days

Allergens: Gluten Allium Wheat Sulphites



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