



UCCOOK

Bacon & Harissa Beans

with bulgur wheat

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	635kJ	3678kJ
Energy	152kcal	880kcal
Protein	6.5g	37.4g
Carbs	16.5g	95.4g
of which sugars	2.4g	14g
Fibre	3.4g	19.6g
Fat	6.9g	39.7g
of which saturated	2.4g	13.9g
Sodium	284.3mg	1646.1mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Bulgur Wheat
3 strips	6 strips	Streaky Pork Bacon
1	1	Onion <i>peel & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
25ml	50ml	Harissa Base <i>(10ml [20ml] Tomato Paste & 15ml [30ml] Pesto Princess Harissa Paste)</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
120g	240g	Butter Beans <i>drain & rinse</i>
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>
30ml	60ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

1. BEGIN THE BULGUR Boil the kettle. Place the bulgur wheat in a pot with 200ml [400ml] 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. ALWAYS BETTER WITH BACON Place a pan (with a lid) over medium-high heat. When hot, add the bacon strips and fry until browned and crispy, 3-5 minutes per side. Remove from the pan and drain on paper towel. Roughly chop and set aside.

3. TASTY TOMATO SAUCE Return the pan to medium heat, reserving any oil from the bacon. When hot, fry the onion until caramelised, 6-8 minutes (shifting occasionally). Reduce the heat and add the garlic and tomato base. Fry until fragrant, 1-2 minutes (shifting constantly).

4. BEAN THERE, MADE THAT To the pan, add the tomato and fry until softened, squishing it with the back of a spatula to create a sauce. Add the butter beans, 5ml [10ml] of a sweetener, 100ml [200ml] of water and some seasoning. Place a lid on and allow it to simmer for 4-5 minutes, shifting occasionally. Remove from the heat and mix in $\frac{3}{4}$ the coriander and the sour cream.

5. WELL DONE! Bowl up the bulgur wheat, topped with the harissa beans, scattering over the remaining coriander and the crispy bacon. Simple as that, Chef.