



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.

Prep + Active Time: 20 minutes

Total Cooking Time: 35 minutes

 **Serves:** 2 people

 **Chef:** Samantha Finnegan

 **Health Nut**

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Ingredients

300g	Free-Range Chicken Mini Fillets
20ml	NOMU Italian Rub
200ml	Bulgur Wheat
20g	Sunflower Seeds
1	Whole Yellow Pepper <i>deseeded & diced</i>
2	Celery Stick <i>thinly sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
400g	Cooked Chopped Tomato
10ml	Vegetable Stock
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
80g	Baby Spinach <i>rinsed</i>
80g	Pitted Green Olives <i>drained & 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 400ml 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 2-3 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 125ml of boiling water. Bring to the boil. Then, lower the heat and simmer for 5-10 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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