



Nicoise Chicken Stew

with aubergine, bell pepper and bulgur

Calorie Smart Quick Cook 20-25 mins

12



Diced Chicken Breast



Aubergine



Parsley



Chopped Tomato with Onion & Garlic



Bell Pepper



Chicken Stock



Honey



Italian Herbs



Paprika



Bulgur Wheat



Worcester Sauce

Pantry Items: Oil, Salt, Pepper, Water, Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pan with lid, pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Aubergine	1 unit	2 units
Parsley	5 g	10 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Bell Pepper	1 unit	2 units
Chicken Stock	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Italian Herbs	½ sachet	1 sachet
Paprika	2 sachets	4 sachets
Bulgur Wheat	120 g	240 g
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	601 g	100 g
Energy (kJ/kcal)	2071.1 kJ/ 495 kcal	344.6 kJ/ 82.4 kcal
Fat (g)	5.3 g	0.9 g
Sat. Fat (g)	1.5 g	0.2 g
Carbohydrate (g)	74.1 g	12.3 g
Sugars (g)	21 g	3.5 g
Protein (g)	41.4 g	6.9 g
Salt (g)	5.3 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

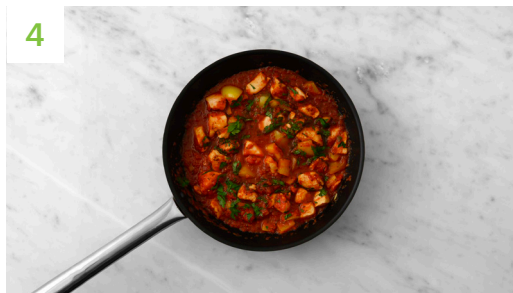


You can recycle me!



Roast the Aubergine

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Trim and chop the **aubergine** into 2cm pieces. Pop the pieces onto a lined baking tray.
- Drizzle with **oil** and season with **salt** and **pepper**.
- Toss to coat, then arrange in a single layer.
- Roast the **aubergine** until golden brown and soft, 20-25 mins. Turn halfway through.



Make the Sauce

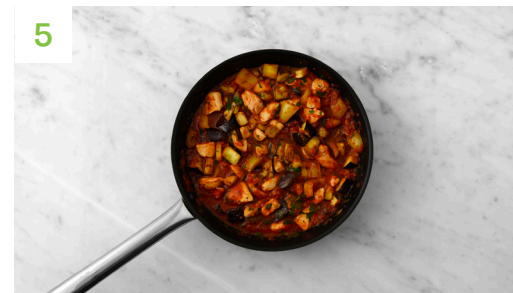
- Add the **paprika** and **half** the **Italian herbs** (double for 4p) and fry until fragrant, 1 min.
- Add remaining **chicken stock powder**, **chopped tomatoes**, **honey**, **half** the **parsley**, **Worcester sauce** and ½ tsp **sugar** (double for 4p) to the pan.
- Cover and simmer until **chicken** is cooked through, 8-10 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Get Prepped

- Meanwhile, pour 240ml **water** (double for 4p) and **half** the **stock powder** into a pot and bring to the boil.
- Add the **bulgur**, bring back to the boil and simmer for 1 min. Cover the pot and remove from the heat.
- Leave aside for 12-15 mins or until ready to serve.
- Meanwhile, halve the **bell pepper**. Discard the core and seeds. Chop into 2cm chunks.
- Roughly chop the **parsley** (stalks and all).

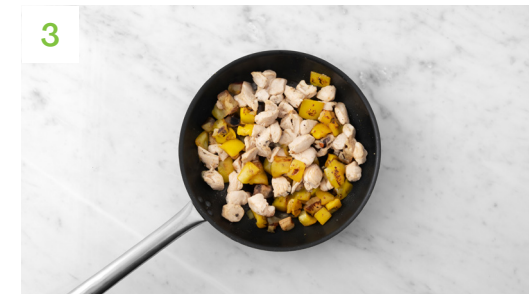
TIP: If you're in a hurry you can boil the water in your kettle.



Finishing Touches

- Stir the roasted **aubergine** into the stew.
- Season to taste with **salt**, **pepper** and **sugar**.

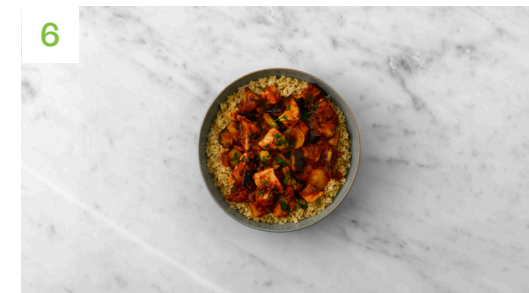
TIP: Add a splash of water to loosen the stew if you feel it's too thick.



Fry the Chicken

- Place a pan over medium-high heat with a drizzle of **oil**.
- When the **oil** is hot, fry the **chicken** and **pepper** until **chicken** is browned on the outside, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Season with **salt** and **pepper**.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. It will still taste delicious once cooked!



Garnish and Serve

- Serve the Nicoise **chicken** stew on a bed of fluffy **bulgur**.
- Finish with a sprinkling of the remaining **parsley**.

Enjoy!