



Middle Eastern Style Prawn Stew

with chickpeas, courgette and fragrant bulgur

Calorie Smart 25-30 mins • Spicy • Eat me first

16



Prawns



Onion



Bulgur Wheat



Courgette



Passata



Garlic



Chickpeas



Harissa Paste



Middle Eastern Style Spice Mix



Hello Muscat



Dried Chilli Flakes



Vegetable Stock

Pantry Items: Water, Oil, Salt, Pepper

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

Grater, pot with lid, sieve

Ingredients

	2P	4P
Prawns	180 g	360 g
Onion	1 unit	2 units
Bulgur Wheat	120 g	240 g
Courgette	1 unit	2 units
Passata	1 pack	2 packs
Garlic	1 unit	2 units
Chickpeas	1 pack	2 packs
Harissa Paste	1 sachet	2 sachets
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Hello Muscat	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Vegetable Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	644 g	100 g
Energy (kJ/kcal)	2602.4 kJ/ 622 kcal	404.1 kJ/ 96.6 kcal
Fat (g)	10.9 g	1.7 g
Sat. Fat (g)	1.7 g	0.3 g
Carbohydrate (g)	85.6 g	13.3 g
Sugars (g)	12.9 g	2 g
Protein (g)	37.9 g	5.9 g
Salt (g)	5.7 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!



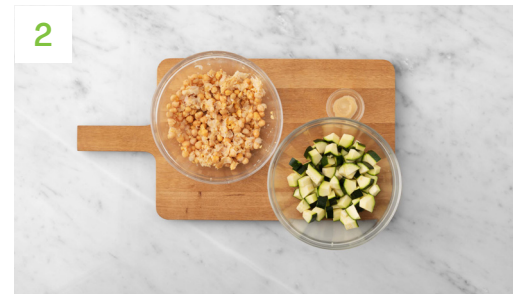
Cook the Bulgur

- Place a pot over medium-high heat with a drizzle of **oil**.
- Halve, peel and chop the **onion** into small pieces.
- When **oil** is hot, fry **half** the **onion** until softened, 4-5 mins.
- Add 240ml **water** (double for 4p) and **muscat** to the pot. Bring to the boil.
- Add the **bulgur**, bring back to the boil then simmer for 1 min. Cover and remove from heat. Leave aside for 12-15 mins or until ready to serve.



Add Some Spice

- Stir 100ml **water** (double for 4p), **passata**, **chilli flakes** (use less if you don't like spice), **Middle Eastern spice**, **stock powder** and **harissa paste** into the **chickpeas**.
- Bring to a simmer and cook until thickened, 8-10 mins.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **courgette**, then quarter lengthways. Slice widthways into 1cm thick pieces.
- Drain and rinse the **chickpeas**.
- Pop **half** into a bowl and roughly mash with the back of a fork.



Simmer the Prawns

- Once the stew has thickened, bring to the boil once again.
- Stir in the **prawns** and **courgette**.
- Simmer until **prawns** are cooked through, a further 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns. Prawns are cooked when pink on the outside and opaque in the middle.
- Loosen with a splash of **water** if you feel it's too thick.
- Season with **salt** and **pepper**.



Start the Stew

- Place a (separate) large pot over medium-high heat with a drizzle of **oil**.
- When the **oil** is hot, add the remaining **onion** and cook until softened, 4-5 mins.
- Add the **garlic** and **chickpeas** (both whole and mashed).
- Cook until fragrant, 1 min more.



Finish and Serve

- When everything is ready, fluff up the **bulgur** with a fork.
- Share the fragrant **bulgur** between your bowls and top with the **harissa prawn** stew.

Enjoy!