



Middle Eastern Style Prawn Stew

with chickpeas, courgette and fragrant bulgur

Calorie Smart 20-25 mins • Spicy • Eat me first

11



Prawns



Onion



Bulgur Wheat



Courgette



Passata



Garlic



Chickpeas



Harissa Paste



Middle Eastern Style Spice Mix



Hello Muscat



Dried Chilli Flakes



Honey

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



Rate your recipe!

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
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	641 g	100 g
Energy (kJ/kcal)	2779 kJ/ 664 kcal	434 kJ/ 104 kcal
Fat (g)	10.8 g	1.7 g
Sat. Fat (g)	1.7 g	0.3 g
Carbohydrate (g)	94 g	14.7 g
Sugars (g)	20.1 g	3.1 g
Protein (g)	36.8 g	5.9 g
Salt (g)	4.9 g	0.7 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.

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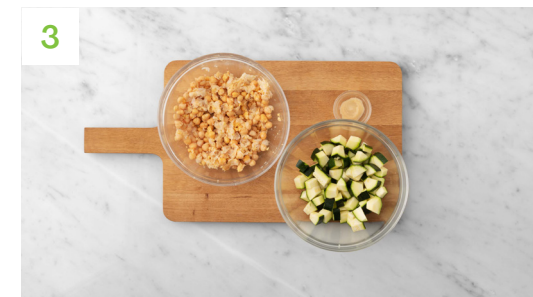
Cook the Bulgur

- 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.



Soften the Onion

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



Simmer the Stew

- Pour 100ml **water** (double for 4p) into the **chickpeas** along with the **passata**.
- Stir in **chilli flakes** (use less if you don't like spice), ½ tsp **sugar** and ¼ tsp **salt** (double both for 4p).
- Cover and cook until thickened, 8-10 mins.



Cook the Prawns

- When 5 mins of cooking time remain, stir in the **prawns** and **courgette**.
- Cover again and simmer until **prawns** are cooked through, 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.
- Stir a knob of **butter** and **harissa paste** through the stew.
- Loosen with a splash of **water** if you feel it's too thick.
- Season with **salt**, **pepper** and **sugar**.



Finish and Serve

- When everything is ready, fluff up the **bulgur** with a fork. Season to taste with **salt** and **pepper**.
- Share the fragrant **bulgur** between your bowls and top with the **harissa prawn** stew.
- Finish the stew with a drizzle of **honey**.

Enjoy!