



West African Chicken and Peanut Stew

with scallion and bulgur wheat

Quick Cook 20 – 25 mins

18



Diced Chicken Breast



Peanut Butter



Coconut Milk



Ras-el-Hanout



Bulgur Wheat



Peanuts



Lime



Scallion



Chicken Stock



Sweet Potato



Lentils



Chopped Tomato with
Onion & Garlic

Pantry Items: Salt, Pepper, Oil, Water, 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

Pan with lid, pot with lid, sieve, zester

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Peanut Butter	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Ras-el-Hanout	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g
Peanuts	20 g	40 g
Lime	1 unit	2 units
Scallion	1 unit	2 units
Chicken Stock	1 sachet	2 sachets
Sweet Potato	1 unit	2 units
Lentils	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	867.5 g	100 g
Energy (kJ/kcal)	4422.5 kJ/ 1057 kcal	509.8 kJ/ 121.8 kcal
Fat (g)	35.7 g	4.1 g
Sat. Fat (g)	17.7 g	2 g
Carbohydrate (g)	115.8 g	13.3 g
Sugars (g)	35.1 g	4 g
Protein (g)	66.4 g	7.7 g
Salt (g)	4.9 g	0.6 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.

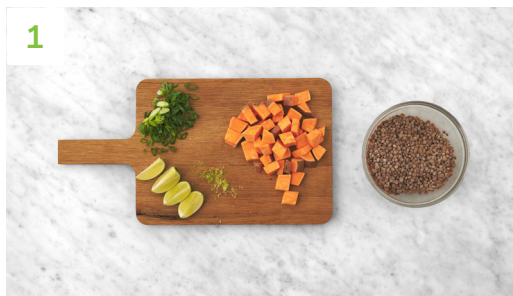
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Get Prepped

- Add 240ml **water** (double for 4p) and the **stock** to a large pot for the **bulgur**.
- Chop the **sweet potato** into 2cm chunks (peeling optional).
- Drain and rinse the **lentils** in a sieve.
- Zest and quarter the **lime**. Trim and thinly slice the **scallion**.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.

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



Add Some Spice

- Lower the heat of the pan to medium-high then add the **ras-el-hanout** with a pinch of **salt** and **pepper**.
- Cook until fragrant, 1 min.
- Pour the **chopped tomatoes, coconut milk, 75ml water** and ½ tsp **sugar** (double both for 4p) into the pan.



Cook the Bulgur

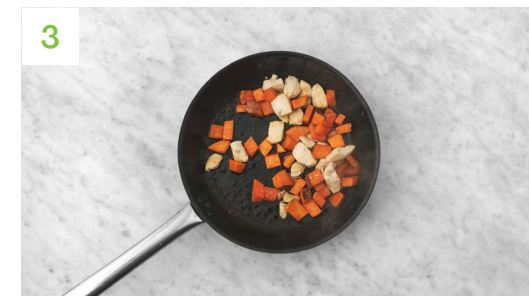
- Once the **water** is boiling, stir in the **bulgur** then bring back to the boil.
- Simmer for 1 min then pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins or until ready to serve.
- Just before serving, stir the **lime** zest through the **bulgur**, fluffing it up as you go.



Simmer the Stew

- Stir in the **lentils** and **peanut butter** and give everything a good mix.
- Bring to the boil, cover and simmer until the **chicken** is cooked through, 10-12 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.

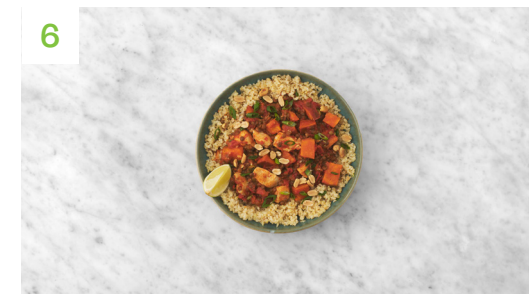
TIP: Add a splash of water if the stew becomes too thick.



Fry the Chicken

- Meanwhile, place a large pan over high heat with a generous drizzle of **oil**.
- When hot, add the **chicken** and **sweet potato** and cook until browned on the outside, stirring occasionally, 4-5 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Garnish and Serve

- Spoon the fluffy **bulgur** into bowls.
- Top with generous helpings of **chicken, lentil** and **sweet potato** stew.
- Garnish with, **scallion, peanuts** and **lime** wedges.

Enjoy!