



West African Chicken and Peanut Stew

with scallion and bulgur wheat

20 – 25 mins

15



Diced Irish Chicken Breast



Peanut Butter



Coconut Milk



Ras-el-Hanout



Bulgur Wheat



Peanuts



Lime



Scallion



Stock



Sweet Potato



Lentils



Passata



Diced Irish Chicken Breast



Tofu

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



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.

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

Cooking tools you will need

Pan with lid, pot with lid, sieve, zester

Ingredients

	2P	4P
Diced Irish Chicken Breast	260 g	520 g
Peanut Butter	1 sachet	2 sachets
Coconut Milk	1 pack	2 packs
Ras-el-Hanout	2 sachets	4 sachets
Bulgur Wheat	120 g	240 g
Peanuts	20 g	40 g
Lime	1 unit	2 units
Scallion	1 unit	2 units
Stock	2 sachets	4 sachets
Sweet Potato	1 unit	2 units
Lentils	1 pack	2 packs
Passata	1 unit	2 units
Diced Irish Chicken Breast	640 g	1280 g
Tofu	180 g	360 g

Nutrition

for uncooked ingredient	Per 100g	Recipe 1	Recipe 2
		Per 100g	Per 100g
Energy (kJ/kcal)	566kJ/ 135 kcal	549 kJ/ 131 kcal	593 kJ/ 142 kcal
Fat (g)	4.4 g	3.9 g	5.4 g
Sat. Fat (g)	2.2 g	2 g	2.5 g
Carbohydrate (g)	12.7 g	10.9 g	13.6 g
Sugars (g)	2.6 g	2.3 g	2.8 g
Protein (g)	8.6 g	10.8 g	6.7 g
Salt (g)	0.3 g	0.2 g	0.2 g

See site or app for detailed nutritional info.

Allergens

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

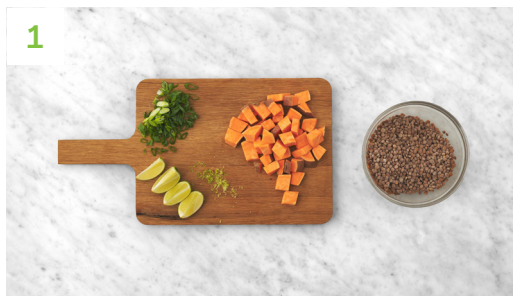
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Get Prepped

- Add 240ml **water** (per 2P) and **half** 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 **passata**, remaining **stock**, **coconut milk**, 125ml **water** (per 2P) and ½ tsp **sugar** (per 2P) into the pan.



Cook the Bulgur

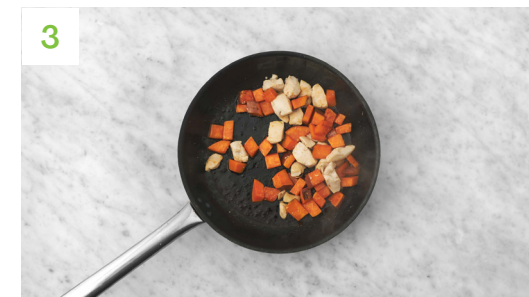
- Once the **water** is boiling, stir in the **bulgur** then bring back to the boil.
- Simmer for 1 min then pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins or until ready to serve.
- Just before serving, stir the **lime** zest through the **bulgur**, fluffing it up as you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

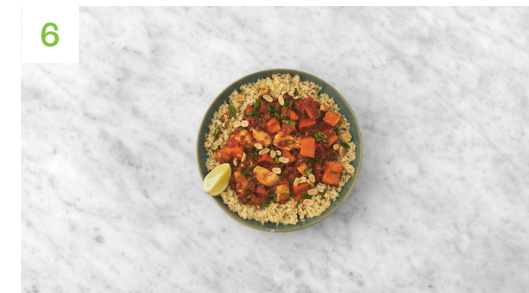
TIP: Add a splash of water if the stew becomes too thick.



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!

CUSTOM OPTIONS



TOFU

Swapping to tofu? Chop into 2cm cubes, add to the pan with the sweet potato and cook until browned, 6-8 mins.