



WHATSheATE



HEALTH SCORE

52%

Harissa-spiced chicken with bulgur wheat



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp harissa paste (we used Belazu Rose Harissa)
- ☐ 4 chicken breasts skinless
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 onion halved sliced
- ☐ 2 tbsp pine nut
- ☐ 1 handful ready-to-eat apricot
- ☐ 300 g bulgur wheat
- ☐ 600 ml chicken stock see hot (from a cube)

☐ 1 handful coriander chopped

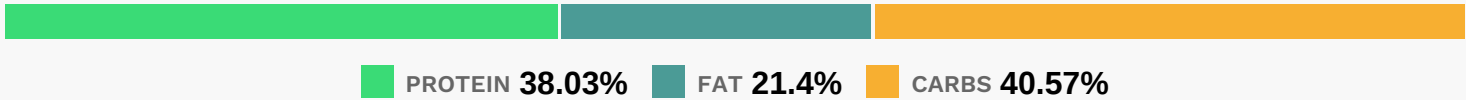
Equipment

☐ frying pan

Directions

- ☐ Rub 1 tbsp harissa paste over the chicken.
- ☐ Heat the oil in a deep non-stick pan, then fry the chicken for about 3 mins on each side, until just golden (it wont be cooked through at this stage).
- ☐ Remove and set aside.
- ☐ Add the onions, then gently fry for 5 mins until soft. Tip in the pine nuts and continue cooking for another few mins until toasted. Tip in the apricots, bulgur and stock, then season and cover. Cook for about 10 mins until the stock is almost absorbed.
- ☐ Return the chicken to the pan, re-cover and cook for 5 mins on a low heat until the liquid has been absorbed and the chicken is cooked through. Fluff up the bulgur with a fork and scatter with the coriander to serve.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:20.87, Inflammation Score:-8, Nutrition Score:36.783913062966%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 647.42kcal (32.37%), Fat: 15.54g (23.91%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 66.3g (22.1%), Net Carbohydrates: 51.8g (18.84%), Sugar: 4.59g (5.1%), Cholesterol: 149.2mg (49.73%), Sodium: 544.42mg (23.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.14g (124.28%), Vitamin B3: 30.14mg (150.68%), Manganese: 2.8mg (140%), Selenium: 77.62µg (110.88%), Vitamin B6: 2.09mg (104.37%), Phosphorus: 779.9mg

(77.99%), Fiber: 14.5g (58%), Magnesium: 203.88mg (50.97%), Vitamin B5: 4.06mg (40.6%), Potassium: 1393.2mg (39.81%), Vitamin B2: 0.46mg (27.34%), Vitamin B1: 0.41mg (27.12%), Copper: 0.48mg (23.92%), Zinc: 3.35mg (22.35%), Iron: 3.38mg (18.8%), Vitamin K: 14.54µg (13.85%), Folate: 44.8µg (11.2%), Vitamin E: 1.37mg (9.13%), Vitamin B12: 0.45µg (7.53%), Vitamin C: 5.99mg (7.26%), Calcium: 50.69mg (5.07%), Vitamin A: 178.9IU (3.58%), Vitamin D: 0.23µg (1.51%)