

THE WELL

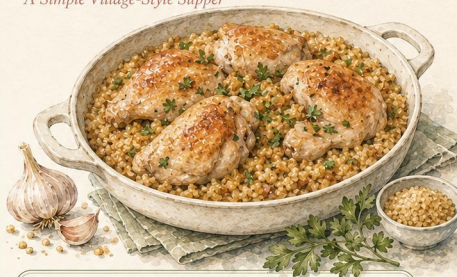
Nourishing Recipes

CHICKEN WITH GARLIC BULGUR

A Simple Village-Style Supper

INGREDIENTS

- 4 chicken pieces
- 4 cups bulgur wheat (or couscous)
- 3 tbsp olive oil
- 1 generous knob of butter
- 7 garlic cloves, chopped and divided
- 1 chicken stock cube
- Sea salt, to taste
- Water, as needed



METHOD

1. Rinse the bulgur well and leave it to drain.
2. Heat the olive oil and butter in a deep pan. Add 4 cloves of garlic and cook gently for a few minutes.
3. Add the chicken pieces and cook until lightly golden. Remove and set aside.
4. Stir the bulgur into the pan for 1 minute so it is well coated.
5. Dissolve the stock cube in water, pour into the pan, then add enough extra water to cover the bulgur. Season with a pinch of sea salt.
6. Simmer for about 15 minutes. Add the remaining 3 cloves of garlic and a little more water if needed.
7. Return the chicken to the top of the pan and cook for 5–10 minutes more, until the bulgur is soft and the chicken is cooked through.
8. Serve piled onto a platter or in the pan at the table.



WHY IT'S LOVELY



Comforting



Rich in flavour



Simple ingredients



Shareable



A satisfying
one-pan meal