




Grilled Greek Chicken with Bulgur Salad

Grill 30 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double


If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

Swap



Turkey Breast
Portions
340 g | 680 g



-  Chicken Breasts **+**
2 | 4
-  Bulgur Wheat
½ cup | 1 cup
-  Tomato
1 | 2
-  Mini Cucumber
1 | 2
-  Greek Pesto
¼ cup | ½ cup
-  Lemon
1 | 2
-  Feta Cheese,
crumbled
¼ cup | ½ cup
-  Red Onion
½ | 1
-  Vegetable Stock
Powder
1 tbsp | 2 tbsp
-  Lemon-Pepper
Seasoning
1 tbsp | 2 tbsp
-  Baby Spinach
28 g | 56 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities	56 g	113 g
	2 person	4 person

Pantry items | Oil, sugar, salt, pepper

Cooking utensils | Measuring cups, measuring spoons, medium bowl, medium pot, paper towels, shallow dish, zester

1



Marinate chicken

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to medium (approx. 400°F).

🔄 Swap | Turkey Breast Portions

- Combine **Greek pesto** and **Lemon-Pepper Seasoning** in a shallow dish.
- Pat **chicken** dry with paper towels, then add to **marinade**. Toss to coat. Cover and set aside until ready to grill. (**TIP:** Got extra time? Marinate the chicken in the fridge for a few hours to get some extra flavour!)

4



Grill chicken and onions

- Add **onions** to one side of the grill. Close lid and grill, flipping once, until tender, 5-7 min per side. Return to same plate.
- Add **chicken** to other side of the grill. Leave **marinade** behind in dish. Close lid and grill until cooked through, 6-8 min per side.** (**TIP:** Brush chicken with some marinade throughout grilling, if desired.)
- Transfer **chicken** to a clean plate. Discard any remaining marinade.

2



Cook bulgur

- Meanwhile, add $\frac{3}{4}$ cup (1 cup) **water**, **stock powder** and **1 tbsp** (2 tbsp) **oil** to a medium pot. (**TIP:** We love using olive oil in this recipe.) Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur** until **water** returns to a boil. Cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.

3



Prep

- Cut **cucumber** into $\frac{1}{2}$ -inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into $\frac{1}{2}$ -inch rounds (keeping rings together).
- Add **onions** to a plate. Drizzle $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil** over top, then season with **salt** and **pepper**.
- Cut **tomato** into $\frac{1}{2}$ -inch pieces.
- If desired, roughly chop **spinach**.
- Gather **chicken**, **onions**, a clean plate and tools on a platter, then head out to grill.

5



Make salad

- Cut **grilled onions** into bite-sized pieces.
- Combine **lemon juice**, **lemon zest**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** in a medium bowl.
- Add **grilled onions**, **cucumbers** and **tomatoes**.

6



Finish and serve

- Fluff **bulgur** with a fork.
- Add **bulgur** and **spinach** to bowl with **salad**. Season with **salt** and **pepper**, to taste, then toss to combine.
- Thinly slice **chicken**.
- Divide **bulgur salad** between bowls.
- Top with **chicken**.
- Sprinkle **feta** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

1 | Marinate turkey

🔄 Swap | Turkey Breast Portions

If you've opted to get **turkey breast portions**, cut **turkey** so you have **2 (4) equal pieces** on a separate cutting board. Cook them in the same way the recipe instructs you to cook the **chicken breasts****.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.