



Carb Smart Harissa-Honey Glazed Tofu

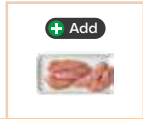
with Lemony Bulgur

Veggie

Smart Meal

Spicy

30 Minutes



Chicken Breast
Tenders*
310 g | 620 g

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)



Tofu
1 | 2



Bulgur Wheat
½ cup | 1 cup



Honey
2 | 4



Harissa Spice
Blend
1 tbsp | 2 tbsp



Garlic, cloves
2 | 4



Baby Spinach
28 g | 56 g



Mayonnaise
2 tbsp | 4 tbsp



Sweet Bell
Pepper
1 | 2



Lemon
½ | 1



Feta Cheese,
crumbled
¼ cup | ½ cup

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.

Pantry items | Oil, unsalted butter, salt, pepper

Cooking utensils | Large bowl, large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl, whisk, zester, paper towels

1



Prep

• Before starting, wash and dry all produce.

- Core, then cut **pepper** into ½-inch pieces.
- Finley chop **spinach**.
- Peel, then mince or grate **garlic**.
- Zest, then juice **half the lemon** (zest and juice whole lemon for 4 ppl).
- Cut **any remaining lemon** into wedges.
- Heat a medium pot over medium heat. When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan to melt.
- Add **garlic** and **bulgur**. Cook, stirring constantly, until fragrant, 1 min.

2



Cook bulgur

- Add **⅔ cup** (1 cup) **water**, **spinach** and **½ tsp** (1 tsp) **salt** to the pot. Cover and bring to a boil over high, then remove from heat.
- Let stand until **bulgur** is tender and liquid is absorbed, 16-18 min. Fluff **bulgur** with a fork.

3



Prep and cook tofu

+ Add | **Chicken Breast Tenders**

- Meanwhile, pat **tofu** dry with paper towels, then cut or tear into ½-inch pieces. Sprinkle with **Harissa Spice Blend**. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry, turning occasionally, until golden, 7-8 min.
- Meanwhile, add **honey** to a large bowl. Set aside.

4



Make sauce

- Meanwhile, add **mayo** and **½ tbsp** (1 tbsp) **lemon juice** to a small bowl. Whisk to combine.

5



Cook peppers

- Add **½ tbsp** (1 tbsp) **oil** to the same pan (used in step 3), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.

6



Finish and serve

- Once cooked, transfer **tofu** to the bowl with **honey**, then toss to combine. Season with **salt**.
- Stir **peppers** and **lemon zest** into **bulgur**.
- Divide **bulgur** between bowls, then top with **tofu**. Drizzle **any honey remaining** in the bowl over top.
- Drizzle with **lemon-mayo**.
- Sprinkle with **feta**.

Measurements
within steps

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

3 | Cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, while **bulgur** cooks, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Use the same pan to cook **tofu**.

♦ 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.