

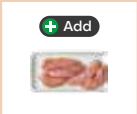


Carb Smart Halloumi and Tabbouleh Bowls

with Creamy Sesame Sauce

Smart Meals

25 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)



Halloumi Cheese
1 | 2



Bulgur Wheat
½ cup | 1 cup



Tahini Sauce
2 tbsp | 4 tbsp



Sweet Bell
Pepper
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Baby Tomatoes
113 g | 227 g



Parsley
7 g | 14 g



Lemon
½ | 1

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-serving 4-serving

Pantry items | Oil, salt, pepper

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

1



Cook bulgur

- Before starting, wash and dry all produce.
- Carb Smart is based on a per serving calculation of the recipe's carbohydrate amount.

- To a medium pot, add $\frac{3}{4}$ cup (1 $\frac{1}{2}$ cups) **water** and $\frac{1}{8}$ tsp ($\frac{1}{4}$ tsp) **salt**. Cover and bring to a boil over high.
- Once boiling, add **bulgur**. Cover, remove from heat and let stand for 15-16 min, until **bulgur** is tender and liquid is absorbed.

2



Prep

- Meanwhile, halve **tomatoes**.
- Core, then cut **pepper** into $\frac{1}{2}$ -inch pieces.
- Roughly chop **parsley**.
- Cut **halloumi** into $\frac{1}{4}$ -inch-thick slices. Using a strainer, rinse **halloumi** in **cold water**, then pat dry with paper towels.
- Zest, then juice **half the lemon** (use all for 4 servings).
- To a small bowl, add **tahini sauce**, **mayo** and $\frac{1}{2}$ **tbsp** (1 **tbsp**) **lemon**. Whisk to combine.

3



Cook peppers

+ Add | **Chicken Breasts Tenders**

- Heat a large non-stick pan over medium-high. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **peppers**. Cook 2-3 min, stirring occasionally, until tender-crisp. Season with **salt** and **pepper**.
- Transfer to a plate.

4



Cook halloumi

- To the same pan, add **halloumi**. (**NOTE:** Don't overcrowd the pan. For 4 servings, cook in batches.) Cook 1-3 min per side, until golden.

5



Finish bulgur

- Fluff **bulgur** with a fork.
- Stir in **lemon zest**, **tomatoes**, **peppers** and **parsley**. Stir to combine.

6



Finish and serve

+ Add | **Chicken Breasts Tenders**

- Divide **bulgur** between bowls.
- Top with **halloumi**.
- Drizzle **creamy tahini dressing** over top.

Measurements within steps | **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken and peppers

+ Add | **Chicken Breasts Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Transfer to a plate and cover to keep warm. Carefully wipe out the pan. Use the same pan to cook **peppers**.

6 | Finish and serve

+ Add | **Chicken Breasts Tenders**

Thinly slice **chicken**. Top **bulgur** with **chicken**.

* 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 165°F.