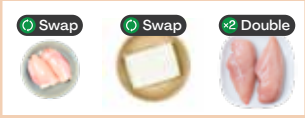




Middle Eastern Chicken Bulgur Bowls

with Cucumber and Chopped Olives

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)

Chicken Thighs* 280 g | 560 g
Tofu 1 | 2
Chicken Breasts* 4 | 8



Chicken Breasts* 2 | 4
Bulgur Wheat ½ cup | 1 cup

Mixed Olives 30 g | 60 g
Mini Cucumber 1 | 2

Middle Eastern Seasoning 1 tbsp | 2 tbsp
Tomato 1 | 2

Lemon 1 | 1
Feta Cheese, crumbled ¼ cup | ½ cup

Garlic, cloves 1 | 2
White Wine Vinegar 1 tbsp | 2 tbsp

Mediterranean Spice Blend 1 tbsp | 2 tbsp

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, pepper, sugar, salt

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

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add **¾ cup** (1 ½ cups) **water** and **½ tsp** (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, peel, then mince or grate **garlic**.
- Cut **cucumber** in half lengthwise, then into ¼-inch half-moons.
- Drain, then roughly chop **olives**.
- Cut **tomato** into ¼-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.

4



Make dressing

- Meanwhile, whisk together **vinegar**, **1 tsp** (2 tsp) **Middle Eastern Seasoning**, **1 tbsp** (2 tbsp) **lemon juice**, **¼ tsp** (½ tsp) **lemon zest**, **½ tsp** (1 tsp) **sugar**, **2 tbsp** (4 tbsp) **oil** and **¼ tsp** (½ tsp) **salt** in a small bowl. Set aside.

2



Cook bulgur

- Add **garlic** and **bulgur** to the **boiling water**. Stir to combine, then remove from heat.
- Cover and let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.

5



Assemble salad

- When **bulgur** is done, fluff with a fork.
- Add **olives**, **cucumber**, **tomatoes** and **half the dressing** to the pot.
- Season with **salt** and **pepper**, then stir to combine.

3



Cook chicken

Swap | **Chicken Thighs**

Swap | **Tofu**

*2 Double | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. Season with **Mediterranean Spice Blend**, **1 tsp** (2 tsp) **Middle Eastern Seasoning**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven, until cooked through, 12-14 min.**

6



Finish and serve

Swap | **Tofu**

- Thinly slice **chicken**.
- Divide **bulgur salad** between plates, then top with **chicken**.
- Drizzle **remaining dressing** over **salad**.
- 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

3 | Cook chicken

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

3 | Cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season **tofu** in the same way the recipe instructs you to season the **chicken**. Sear and roast **tofu** in the same way the recipe instructs you to sear and roast the **chicken**, decreasing the roast time to 6-8 min, until **tofu** is tender and golden.

3 | Cook chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

6 | Finish and serve

Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **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 74°C/165°F, as size may vary.