



# Cal Smart Spiced Chicken Tabbouleh with Feta

Calorie Smart

25 Minutes



Chicken Tenders



Baby Spinach



Feta Cheese,  
crumbled



Garlic, cloves



Bulgur Wheat



Roma Tomato



Red Onion



Mini Cucumber



Red Wine Vinegar



Shawarma Spice  
Blend



Parsley

## HELLO FETA

*A salty, briny cheese with a crumbly texture!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, medium pot, large bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Baby Spinach	56 g	113 g
Feta Cheese, crumbled	28 g	56 g
Garlic, cloves	2	4
Bulgur Wheat	½ cup	1 cup
Roma Tomato	160 g	320 g
Red Onion	56 g	113 g
Mini Cucumber	66 g	132 g
Red Wine Vinegar	1 tbsp	2 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	7 g
Oil*		
Salt and Pepper*		

\* Pantry items

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

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

## 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*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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## Prep

Cut **tomatoes** into ¼ inch pieces. Halve **cucumber** lengthwise, then cut into ¼ inch half-moons. Roughly chop **parsley**. Peel, then cut **half the onion** (whole onion for 4 ppl) into ¼-inch pieces. Peel, then mince or grate **garlic**.



## Make tabbouleh

While **chicken** cooks, add **vinegar** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then stir to combine. Add **spinach, tomatoes** and **cucumbers**, then toss to combine. Add **bulgur**, then stir to combine.



## Cook bulgur

Heat a medium pot over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **garlic** and **onions**. Cook, stirring frequently, until soft, 2-3 min. Stir in **bulgur**, then ½ **cup water** and ½ **tsp salt** (dbl both for 4 ppl). Bring to a boil. Once boiling, cover and remove the pot from heat. Let stand, still covered, until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.



## Finish and serve

Cut **chicken tenders** in half crosswise. Divide **tabbouleh** between plates. Top with **chicken**. Sprinkle **feta** and **parsley** over top.

## Dinner Solved!



## Cook chicken tenders

While **bulgur** cooks, pat **chicken** dry with paper towels. Season both sides with **Shawarma Spice Blend, salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, turning occasionally, until golden-brown and cooked through, 5-6 min. \*\*