



Cal Smart Spiced Chicken Tabbouleh with Feta

Calorie Smart

Quick

25 Minutes



Chicken Tenders



Baby Spinach



Feta Cheese,
crumbled



Garlic, cloves



Bulgur Wheat



Roma Tomato



Red Onion



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	¼ cup	½ cup
Garlic, cloves	2	4
Bulgur Wheat	½ cup	1 cup
Roma Tomato	160 g	320 g
Red Onion	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Shawarma Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	14 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.

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1 Prep

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



2 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 ¾ **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.



3 Cook chicken tenders

While **bulgur** cooks, pat **chicken** dry with paper towels, then cut in half crosswise. 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.**



4 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 **bulgur**, then toss to combine.



5 Finish and serve

Divide **tabbouleh** between plates. Top with **chicken**. Sprinkle **feta** and **parsley** over top.

Dinner Solved!