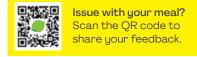
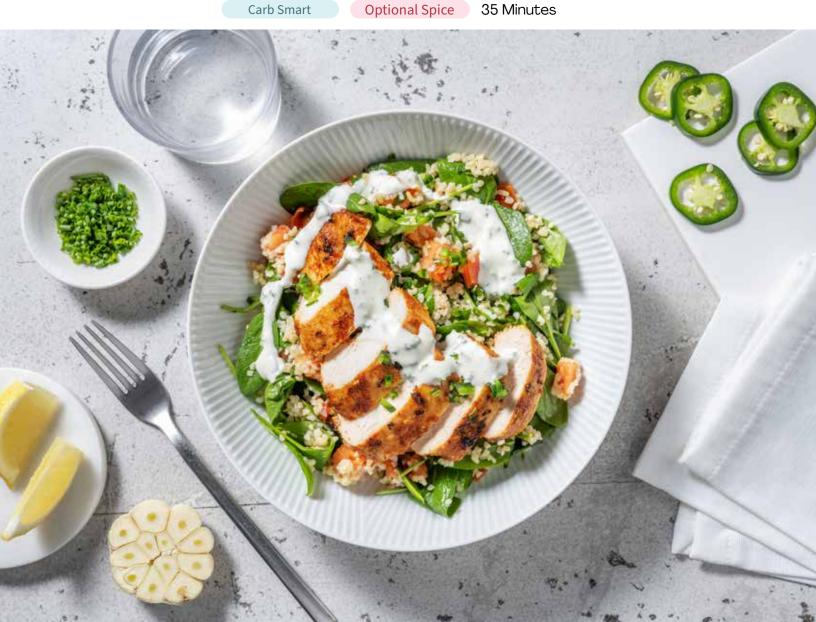


Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño Ranch Dressing

35 Minutes









Chicken Breasts



Baby Spinach







Mayonnaise

Sour Cream



Lemon





Smoked Paprika-



Garlic Blend





Bulgur Wheat

Garlic, cloves



Roma Tomato



Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil synthin steps 2 person 4 person Ingredient

Heat Guide for Step 4:

- Mild: 1/2 tbsp (1 tbsp) Medium: 1 tbsp (2 tbsp)
- Spicy: 1 ½ tbsp (3 tbsp) Extra-spicy: 2 tbsp (4 tbsp)

Garlic Guide for Step 4:

- Mild: 1/8 tsp (1/4 tsp) Medium: 1/4 tsp (1/2 tsp)
- Extra: 1/2 tsp (1 tsp)

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts •	2	4
Baby Spinach	56 g	113 g
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	2 tbsp	4 tbsp
Lemon	1	2
Jalapeño 🤳	1	2
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Chives	3 ½ g	7 g
Garlic, cloves	1	2
Roma Tomato	80 g	160 g
Sugar*	1/4 tsp	½ tsp
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.



- 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.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.



Make jalapeño ranch dressing

Add mayo, sour cream, half the chives,
1 tsp (2 tsp) lemon juice,
¼ tsp (½ tsp) sugar, ¼ tsp garlic and
1 ½ tbsp jalapeños to a small bowl.
(NOTE: Reference garlic guide and heat guide.) Season with salt and pepper, to taste,

then stir to combine.



Cook chicken

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **Smoked Paprika-Garlic Blend**.
- When the pan is hot, add ½ **tbsp oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tbsp oil per batch.) Cook until golden, 2-3 min per side.
- Transfer chicken to a parchment-lined baking sheet. Bake in the middle of the oven until chicken is cooked through, 12-14 min.***



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice half the chives (all for 4 ppl).
- Peel, then mince or grate garlic.
- Core, then finely chop **jalapeño**, removing seeds for less heat. (TIP: We suggest using gloves when prepping jalapeños!)



Finish bulgur and make salad

- Add **lemon zest** and **remaining chives** to the pot with **bulgur**. Season with **pepper**, then fluff with a fork to combine.
- Add 2 tsp (4 tsp) lemon juice and
 2 tbsp (4 tbsp) oil to a large bowl. (TIP: Add ¼ tsp sugar, if desired.) Season with salt and pepper, then whisk to combine.
- Add spinach and tomatoes to the bowl with vinaigrette, then toss to combine.



Finish and serve

- Thinly slice chicken.
- Add **bulgur** to the bowl with **salad**, then toss to combine.
- Divide **bulgur salad** between bowls. Top with **chicken**.
- Drizzle with DIY jalapeño ranch dressing.
- Squeeze a lemon wedge over top and sprinkle with any remaining jalapeños, if desired.

Dinner Solved!