



Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño Ranch Dressing

Carb Smart Optional Spice 35 Minutes

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-  Chicken Breasts
-  Baby Spinach
-  Sour Cream
-  Mayonnaise
-  Lemon
-  Jalapeño
-  Smoked Paprika-Garlic Blend
-  Bulgur Wheat
-  Chives
-  Garlic, cloves
-  Roma Tomato

HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Heat Guide for Step 4:

- Mild: **½ 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: **½ tsp** (¼ tsp)
- Medium: **¼ tsp** (½ tsp)
- Extra: **½ 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*	¼ 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.

1



Cook bulgur

- 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.

4



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.

2



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.**

5



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.

3



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!)

6



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!