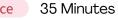


Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño Ranch Dressing

Carb Smart

Optional Spice 35 N





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

Issue with your meal? Scan the QR code to share your feedback.

Start here

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

Measurements	1 tbsp	(2 tbsp)	oil
within steps	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: 1/8 tsp(1/4 tsp) Medium: ¼ tsp (½ tsp) • Extra: 1/2 tsp (1 tsp)

Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, parchment paper, small bowl, whisk, measuring cups, 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	95 g	190 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.



Cook bulgur

- Add ¾ cup (1 ½ cups) water and 1/2 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 from heat.
- Let stand, until bulgur is tender and liquid is absorbed, 15-16 min.
- Fluff with a fork.



- Add mayo, sour cream, half the chives, 1 tsp (2 tsp) lemon juice,

1/4 tsp (1/2 tsp) **sugar**, **1/4 tsp** (1/2 tsp) **garlic** and **1** ½ **tbsp** (3 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 ¹/₂ tbsp oil, then chicken. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed, using 1/2 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.**



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 1/4 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.



• Meanwhile, cut tomato into 1/2-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 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!