



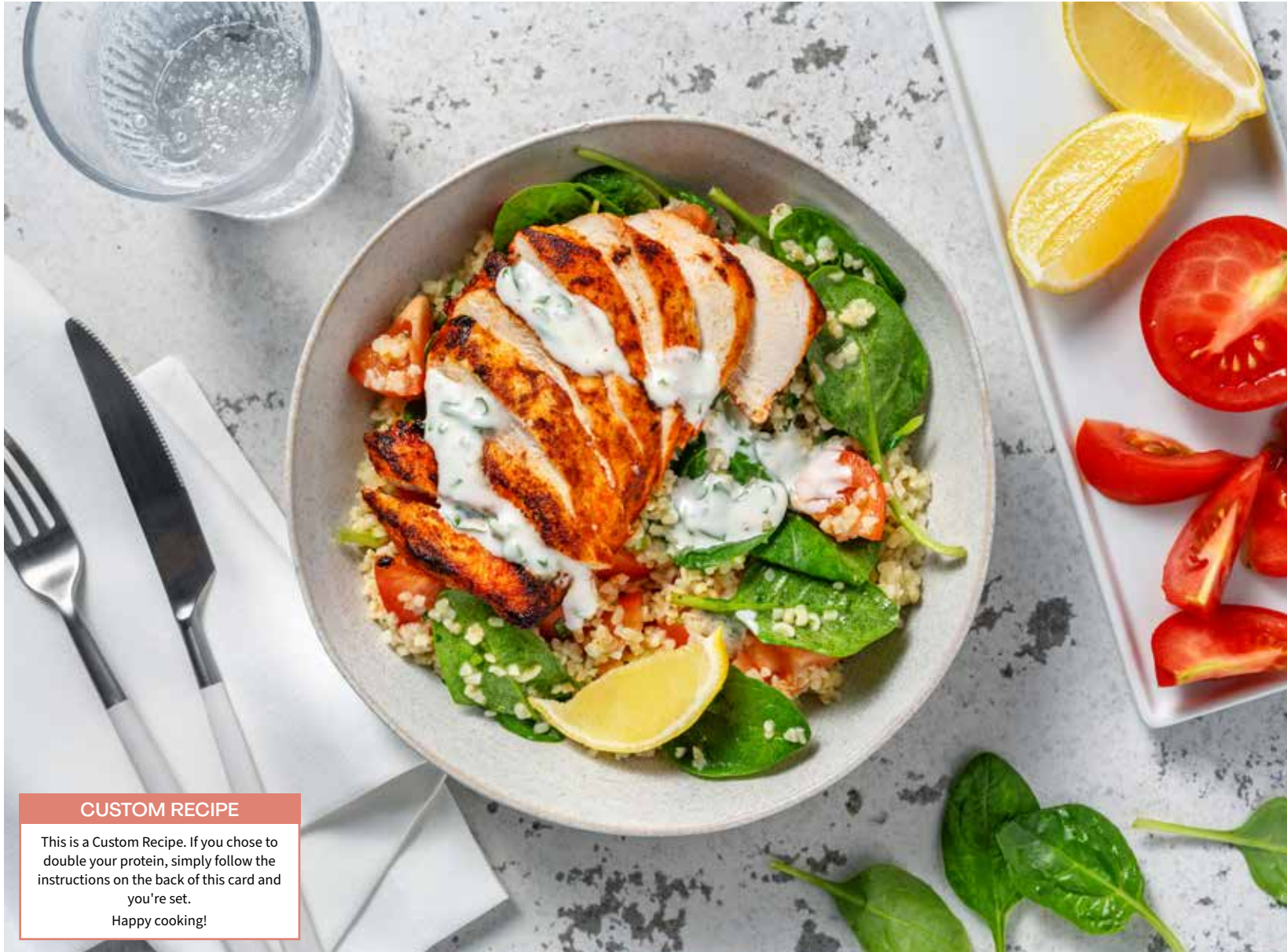
Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño Ranch Dressing

Carb Smart Optional Spice 35 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Chicken Breasts



Double Chicken Breasts



Baby Spinach



Sour Cream



Mayonnaise



Lemon



Jalapeño



Smoked Paprika-Garlic Blend



Bulgur Wheat



Parsley



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 tsp** (1 tbsp)
- Medium: **1 tbsp** (2 tbsp)
- Spicy: **1 ½ tsp** (3 tbsp)
- Extra-spicy: **2 tbsp** (4 tbsp)

Garlic Guide for Step 4:

- Mild: **¼ 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 |
| Double Chicken Breasts | 4 | 8 |
| 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 |
| Parsley | 7 g | 14 g |
| Garlic, cloves | 1 | 2 |
| Roma Tomato | 1 | 2 |
| 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 from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.



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 tsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tsp oil per batch.) Cook until golden, 2-3 min per side.
- Transfer to a parchment-lined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.



4 Make jalapeño ranch dressing

- Add **mayo**, **sour cream**, **half the parsley**, **1 tsp** (2 tsp) **lemon juice**, **¼ tsp** (½ tsp) **sugar**, **¼ tsp** (½ tsp) **garlic** and **1 ½ tsp** (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.



5 Finish bulgur and make salad

- Add **lemon zest** and **remaining parsley** 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 [½ 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.
- Finely chop **parsley**.
- 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!