



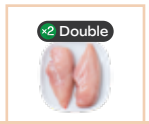
Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño-Ranch Dressing

Smart Meal

Optional Spice

35 Minutes



Chicken Breasts ⁺
4 | 8

↗ Custom Recipe + Add ↻ Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



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
1/2 cup | 1 cup



Parsley
7 g | 7 g



Garlic, cloves
1 | 2



Tomato
1 | 2

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

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ½ tsp (¼ tsp) • Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)
- **Heat Guide for Step 4:**
 - Mild: ½ tbsp (1 tbsp) • Medium: 1 ½ tbsp (3 tbsp)
 - Extra-spicy: 2 tbsp (4 tbsp)

- 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

*2 Double | Chicken Breasts

- 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 cooked through, 12-14 min.**

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!)

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 **tbsp** (3 **tbsp**) **jalapeños** to a small bowl. (**NOTE:** Reference garlic guide and heat guide.)
- Season with **salt** and **pepper**, 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.

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 **jalapeño-ranch dressing**.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining jalapeños**, if desired.

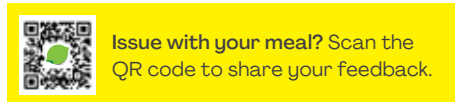
2 | Cook chicken

*2 Double | Chicken Breasts

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

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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