



Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño-Ranch Dressing

Smart Meal

Optional Spice

35 Minutes

Swap



Chicken Tenders ⁺
310 g | 620 g

Swap



Tofu
1 | 2

Customized Protein

+ 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
½ cup | 1 cup



Parsley
7 g | 14 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.

Pantry items | Sugar, oil, salt, pepper

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

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 tbsp (2 tbsp)
 - Spicy: 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.

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 and heat guides.)
- Season with salt and pepper, then stir to combine.

2



Cook chicken

Swap | Chicken Tenders

Swap | Tofu

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

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

Measurements within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Cook chicken tenders

Swap | Chicken Tenders

If you've opted to get chicken tenders, prepare and cook them in the same way the recipe instructs you to prepare and cook the chicken breasts. Increase sear time to 3-5 min per side, until cooked through.** Skip the roasting step. Transfer to a plate and cover to keep warm. No need to slice chicken tenders before arranging over final bowls.

2 | Cook tofu

Swap | Tofu

If you've opted to get tofu, pat dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 square tofu "steaks" per block.) Season in the same way the recipe instructs you to season the chicken breasts.

Pan-fry tofu until golden, 2-3 min per side. Transfer to a plate, then cover to keep warm. No need to bake after pan-frying. Plate in the same way the recipe instructs you to plate the chicken breasts.

* 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.