

Carb Smart Harissa-Roasted Chicken

with Tomato-Bulgur Pilaf and Mint-Yogurt Sauce

Carb Smart

Calorie Smart

30 Minutes





Chicken Thighs





Bulgur Wheat





Roma Tomato



Baby Spinach

Harissa Spice Blend



Greek Yogurt





Garlic, cloves





Concentrate



This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

Start here

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

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Garlic Guide for Step 4:

- Mild: 1/4 tsp (1/2 tsp)
- Medium: 1/2 tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

Bust out

Baking sheet, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Inaredients

	2 Person	4 Person
Chicken Thighs*	280 g	560 g
Chicken Breasts	2	4
Bulgur Wheat	½ cup	1 cup
Harissa Spice Blend	1 tbsp	2 tbsp
Roma Tomato	190 g	380 g
Baby Spinach	56 g	113 g
Greek Yogurt	100 ml	200 ml
Mint	7 g	7 g
Garlic, cloves	2	4
Lemon	1/2	1
Chicken Broth Concentrate	1	2
Oil*		

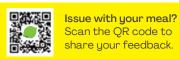
Salt and Pepper*

- * 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.





- Peel, then mince or grate garlic.
- Cut tomatoes into ½-inch pieces.
- · Heat a medium pot over medium-high heat.
- When hot, add 1 tbsp (2 tbsp) oil, then tomatoes. Cook, stirring often, until tomatoes are very soft and start to break down, 3-5 min.
- Add half the garlic. Cook, stirring often, until fragrant, 30 sec.



Cook pilaf

- Add broth concentrate, 3/3 cup (1 cup) water and ½ tsp (1 tsp) salt to the pot with tomatoes. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur**. Cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.



Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with salt, pepper and Harissa Spice Blend.
- When the pan is hot, add 1 tbsp (2 tbsp) oil, then chicken. Pan-fry until golden-brown, 1-2 min per side.
- Transfer chicken to an unlined baking sheet.
- Roast in the middle of the oven until cooked through, 8-10 min.**

If you've opted to get chicken breasts, prepare and cook them in the same way the recipe instructs you to prepare and cook the chicken thighs.



Prep and make mint-yogurt sauce

- · Meanwhile, roughly chop spinach.
- Zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.
- · Finely chop mint.
- Add yogurt, lemon zest, ½ tbsp (1 tbsp) lemon juice, 1 tbsp (2 tbsp) water, 1 tbsp (2 tbsp) **mint** and ½ **tsp garlic** to a small bowl. (NOTE: Reference garlic guide.)
- · Season with salt and pepper, to taste, then stir to combine. (TIP: Add 1/4 tsp [1/2 tsp] sugar for a more balanced sauce.)



· Add spinach to the pot with pilaf. Season with salt and pepper, to taste.

• Stir until **spinach** is slightly wilted, 30 sec.



Finish and serve

- Thinly slice chicken.
- Divide tomato-bulgur pilaf between plates. Top with chicken.
- Dollop mint-yogurt sauce over top.
- Sprinkle with any remaining mint, if desired.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!