



# Carb Smart Harissa-Roasted Chicken with Tomato-Bulgur Pilaf and Mint-Yogurt Sauce

Carb Smart Calorie Smart 30 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 Tenders
- Double Chicken Tenders
- Bulgur Wheat
- Harissa Spice Blend
- Roma Tomato
- Baby Spinach
- Greek Yogurt
- Mint
- Garlic, cloves
- Lemon
- Chicken Broth Concentrate

HELLO BULGUR

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

## Start here

Before starting, wash and dry all produce.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

### Garlic Guide for Step 4:

- Mild: **¼ tsp** (½ tsp)
- Medium: **½ tsp** (1 tsp)
- Extra: **1 tsp** (2 tsp)

### Bust out

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

### Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Double Chicken Tenders *	620 g	1240 g
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	½	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.*



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1



### Start pilaf

- Peel, then mince or grate **garlic**.
- Cut **tomato** 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.

4



### 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** (1 tsp) **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, to taste, then stir to combine. (**TIP:** Add ¼ tsp [½ tsp] sugar for a more balanced sauce.)

2



### Cook pilaf

- Add **broth concentrate, ⅔ cup** (1 cup) **water** and **½ tsp** (1 tsp) **salt** to the pot with **tomatoes**. Cover and bring to a boil over high.
- Once boiling, stir in **bulgur**, then return **water** to a boil. Cover and remove from heat.
- Let stand, until **bulgur** is tender and **liquid** is absorbed, 18-20 min.

5



### Finish pilaf

- Add **spinach** to the pot with **pilaf**. Season with **salt** and **pepper**, to taste.
- Stir until **spinach** is slightly wilted, 30 sec.

3



### 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 **Harissa Spice Blend**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown and cooked through, 3-4 min per side.\*\*

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

6



### Finish and serve

- 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!