

Carb Smart Harissa-Roasted Chicken

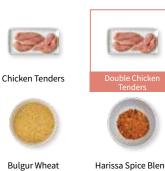
with Tomato-Bulgur Pilaf and Mint-Yogurt Sauce

Carb Smart

Calorie Smart

30 Minutes





Harissa Spice Blend













Garlic, cloves



Chicken Broth Concentrate



HELLO BULGUR

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps

Garlic Guide for Step 4:

- Mild: ¼ tsp(½ tsp)
- Medium: 1/2 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

3. 3		
	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	1/2	1
Chicken Broth Concentrate	1	2
Oil*		

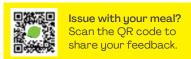
Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F,
- 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 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.



Cook pilaf

- Add broth concentrate. 3/3 cup (1 cup) water and 1/2 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.



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.



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.)



- 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

- 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!