



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 swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Chicken Thighs
- Chicken Breasts
- 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, preheat the oven to 450°F.
- 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

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

Ingredients

	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	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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Start pilaf

1. Peel, then mince or grate **garlic**.
2. Cut **tomatoes** into ½-inch pieces.
3. Heat a medium pot over medium-high heat.
4. 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.
5. Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.



Prep and make mint-yogurt sauce

4. Meanwhile, roughly chop **spinach**.
5. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
6. Finely chop **mint**.
7. 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.)
8. Season with **salt and pepper**, to taste, then stir to combine. (**TIP:** Add ¼ tsp [½ tsp] sugar for a more balanced sauce.)



Cook pilaf

2. 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 heat.
3. Once boiling, stir in **bulgur**. Cover and remove the pot from heat.
4. Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.



Finish pilaf

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



Cook chicken

3. Meanwhile, heat a large non-stick pan over medium-high heat.
4. While the pan heats, pat **chicken** dry with paper towels. Season with **salt, pepper** and **Harissa Spice Blend**.
5. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
6. Transfer **chicken** to an unlined baking sheet.
7. 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**.



Finish and serve

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

Dinner Solved!