

Customized Protein Add

Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño-Ranch Dressing

×2 Double

Carb Smart

(C) Swap

Optional Spice 35 Minutes

you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and





Chicken Thighs

1 | 2









3 tbsp | 6 tbsp

2 tbsp | 4 tbsp







1 | 2





Smoked Paprika-Garlic Blend 1 tbsp | 2 tbsp

Bulgur Wheat 1/2 cup | 1 cup



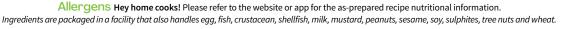
7 g | 14 g



Garlic, cloves 1 | 2



Tomato 1 | 2



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



Cook bulgur

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Garlic Guide for Step 4:
 - Mild: 1/8 tsp (1/4 tsp) Medium: 1/4 tsp (1/2 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.



Cook chicken

O Swap | Chicken Thighs

O 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 the pan is hot, add 1/2 tbsp oil, then chicken. (NOTE: Don't overcrowd the pan; cook chicken 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.**



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!)



2 Cook tofu

chicken breasts.

Measurements

2 | Cook chicken thighs

O Swap | Chicken Thighs

within steps

O 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 with salt, pepper and Smoked Paprika-Garlic Blend.

1 tbsp

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

oil

(2 tbsp)

When the pan is hot, add 1/2 tbsp oil, then tofu. (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 **tofu** to a plate. Cover to keep warm.

6 | Finish and serve

O Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the chicken breasts.



Make jalapeño-ranch dressing

- Add mayo, sour cream, half the parsley, 1 tsp (2 tsp) lemon juice, ¼ tsp (½ tsp) sugar, 1/4 tsp (1/2 tsp) garlic and 1 ½ tbsp (3 tbsp) jalapeños to a small bowl. (NOTE: Reference garlic guide and heat guide.)
- Season with salt and pepper, then stir to combine.



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 \(\text{tsp} \ [\frac{1}{2} \ \text{tsp} \] sugar, if desired.)
- Season with salt and pepper, then whisk to combine.
- Add **spinach** and **tomatoes** to the bowl with vinaigrette, then toss to combine.



Finish and serve

O Swap | Tofu

- 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.

