

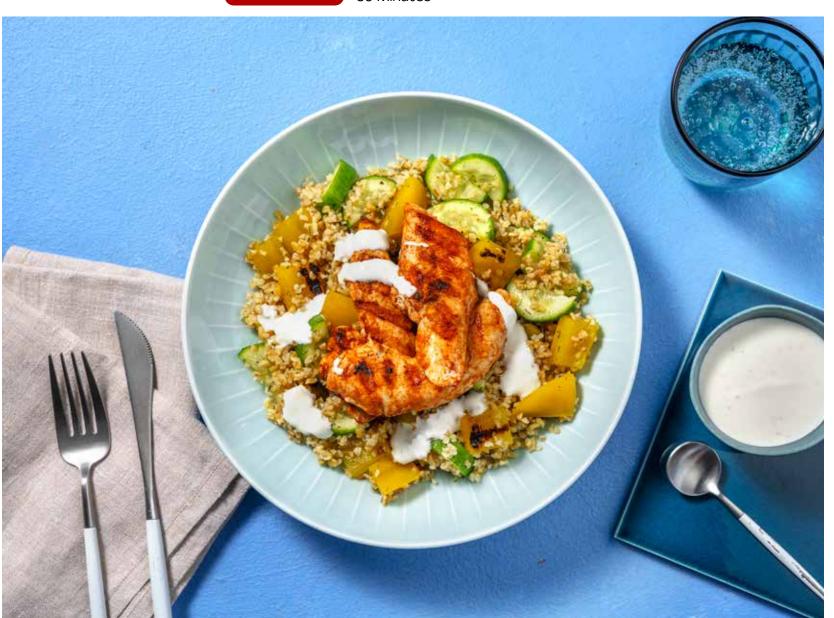
Grilled Harissa Chicken Tenders

with Veggie Bulgur and Lemon-Garlic Yogurt Sauce



Grill

35 Minutes









Chicken Tenders





Garlic, cloves

Mini Cucumber





Sweet Bell Pepper





Greek Yogurt

Dill-Garlic Spice

Blend



Bulgur Wheat

HELLO HARISSA SPICE BLEND

Start here

- Before starting, wash and dry all produce.
- · Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium heat.

Measurements 1 tbsp (2 tbsp) within steps

4 person Ingredient

oil

Garlic Guide for Step 2:

- Mild: 1/8 tsp (1/4 tsp)
- Medium: 1/4 tsp (1/2 tsp)
- Extra: ½ tsp (1 tsp)

Bust out

Medium bowl, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, paper towels

Ingredients

9. 363133		
	2 Person	4 Person
Chicken Tenders	310 g	620 g
Harissa Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	1	2
Mini Cucumber	66 g	132 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Greek Yogurt	100 ml	200 ml
Dill-Garlic Spice Blend	1 tsp	2 tsp
Bulgur Wheat	½ cup	1 cup
Sugar*	½ tsp	1 tsp
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.



Issue with your meal? Scan the QR code to share your feedback.



Cook bulgur

- Add Dill-Garlic Spice Blend, 34 cup (1 ½ cups) water and ¼ tsp (½ 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 the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.



Prep and make yogurt sauce

- Meanwhile, quarter **pepper** lengthwise, then remove core.
- Halve **cucumber** lengthwise, then cut into 1/4-inch half-moons.
- Zest, then juice lemon.
- Peel, then mince or grate garlic.
- Add yogurt, lemon zest, 2 tsp (4 tsp) lemon juice, 3 tbsp (6 tbsp) water, ½ tsp (1 tsp) sugar and ½ tsp garlic to a small bowl. (NOTE: Reference garlic guide.) (TIP: Add more water, 1 tbsp at a time, until you reach desired drizzling consistency!) Season with salt and pepper, then stir to combine. Set aside.
- Pat chicken dry with paper towels. Add chicken, 1 tbsp (2 tbsp) oil and Harissa Spice Blend to a large bowl. Season with salt and pepper, then flip chicken to coat.



Grill peppers

- Add peppers and 1 tbsp (2 tbsp) oil to a medium bowl. Season with salt and pepper, then toss to coat.
- Add **peppers** to one side of the grill. Close lid and grill, flipping once, until tender-crisp, 6-8 min.



Grill chicken

- When peppers are halfway done, add **chicken** to the other side of the grill.
- Close lid and grill, flipping once, until **chicken** is cooked through, 2-3 min per side.**



Finish bulgur

- Cut **peppers** into ½-inch pieces.
- Add peppers, cucumbers, remaining garlic, 1 tbsp (2 tbsp) oil and 1/2 tbsp (1 tbsp) **lemon juice** to the pot with **bulgur**. Season with **pepper**, to taste, then stir to combine.



Finish and serve

- Divide **bulgur** between plates. Top with chicken.
- Drizzle lemon-garlic yogurt sauce over top.

Dinner Solved!