



Grilled Harissa Chicken Tenders

with Veggie Bulgur and Lemon-Garlic Yogurt Sauce

Grill 35 Minutes



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Chicken Tenders



Harissa Spice Blend



Garlic, cloves



Mini Cucumber



Sweet Bell Pepper



Lemon



Greek Yogurt



Dill-Garlic Spice Blend



Bulgur Wheat

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

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

Garlic Guide for Step 2:

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

Bust out

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

Ingredients

	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.

1



Cook bulgur

- Add **Dill-Garlic Spice Blend**, **¾ 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 from heat.
- Let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.

2



Prep and make yogurt sauce

- Meanwhile, quarter **pepper** lengthwise, then remove core.
- Halve **cucumber** lengthwise, then cut into ¼-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** (1 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.

3



Grill veggies

- 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.

4



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.**

5



Finish bulgur

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

6



Finish and serve

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

Dinner Solved!



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