

Smart Harissa-Roasted Chicken

with Tomato-Bulgur Pilaf and Mint-Yogurt Sauce

Carb Smart Calorie Smart

Quick

25 Minutes





Chicken Thighs



Bulgur Wheat





Roma Tomato



Lemon



Greek Yogurt



Garlic, cloves





Chicken Broth Concentrate



This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and

CUSTOM RECIPE

you're set. Happy cooking!

Start here

Before starting, wash and dry all produce.

Measurements 1 tbsp (2 tbsp) within steps

4 person

Ingredient

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

	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Double Chicken Thighs •	560 g	1120 g
Bulgur Wheat	½ cup	1 cup
Harissa Spice Blend	1 tbsp	2 tbsp
Roma Tomato	2	4
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*		

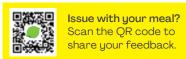
Salt and Pepper*

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





- Peel, then mince or grate garlic.
- Cut tomatoes 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**, prepare and cook it in the same way the recipe instructs you to prepare and 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 harissa-roasted chicken.
- Dollop mint-yogurt sauce over top.
- Sprinkle with any remaining mint, if desired.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!