



# Smart Mediterranean Chicken

with Bulgur and Olives

Carb Smart

Calorie Smart

Spicy

30 Minutes



Chicken Breasts



Bulgur Wheat



Mixed Olives



Mediterranean Spice Blend



Crushed Tomatoes



Garlic, cloves



Baby Spinach



Chili-Garlic Sauce

HELLO MIXED OLIVES

*This mix of kalamata and green olives is a fantastic flavour bomb!*

## Start here

Before starting, wash and dry all produce.

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

## Bust out

Medium non-stick pan, measuring spoons, medium pot, strainer, small bowl, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Bulgur Wheat	½ cup	1 cup
Mixed Olives	30 g	60 g
Mediterranean Spice Blend	1 tbsp	2 tbsp
Crushed Tomatoes	200 ml	398 ml
Garlic, cloves	2	4
Baby Spinach	56 g	113 g
<b>Chili-Garlic Sauce</b> 🍷	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
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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### Cook bulgur

- Add **¾ cup** (1 ½ cups) **water**, **½ tbsp** (1 tbsp) **butter** 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.



### Start sauce and cook chicken

- Reheat the same pan over medium.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **½ cup** (1 cup) **water**, **crushed tomatoes**, **chili-garlic sauce**, **olives**, **olive brine** and **remaining Mediterranean Spice Blend**. Bring to a simmer.
- Return **chicken** to pan. Cover and cook, flipping **chicken** halfway, until **sauce** thickens slightly and **chicken** is cooked through, 6-8 min.\*\*



### Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **spinach**. (**TIP**: Place spinach in a bowl, then roughly chop using a pair of kitchen shears or scissors!)
- Drain **olives** over a small bowl, reserving **brine**. Halve **olives**.



### Finish sauce

- When **chicken** is cooked through, transfer to a cutting board. Set aside to rest, 2-3 min.
- Remove **sauce** from heat. Add **½ tbsp** (1 tbsp) **butter**. Stir until melted. (**TIP**: Add a pinch of sugar to sauce, if desired!) Cover to keep warm.



### Prep and sear chicken

- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **half the Mediterranean Spice Blend**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Remove from heat, then transfer **chicken** to a plate. (**NOTE**: Chicken will finish cooking in step 4!)
- Carefully wipe the pan clean.



### Finish and serve

- Meanwhile, add **spinach** to the pot with **bulgur**. Stir to combine.
- Thinly slice **chicken**.
- Divide **bulgur and spinach** between bowls.
- Top with **chicken** and **sauce**.

**Dinner Solved!**