

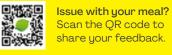
CUSTOM RECIPE This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

Za'atar Chicken Bulgur Bowls

with cucumbers and chopped olives

Discovery

30 Minutes







Chicken Breasts







Mixed Olives

Bulgur Wheat



Mini Cucumber



Za'atar Spice Blend





Lemon



Feta Cheese, crumbled



Garlic, cloves



White Wine Vinegar



Mediterranean Spice Blend



Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

Bust out

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

Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Chicken Tenders •	310 g	620 g
Bulgur Wheat	½ cup	1 cup
Mixed Olives	30 g	30 g
Mini Cucumber	66 g	132 g
Za'atar Spice Blend	1 tbsp	1 tbsp
Roma Tomato	95 g	190 g
Lemon	1	1
Feta Cheese, crumbled	⅓ cup	½ cup
Garlic, cloves	1	2
White Wine Vinegar	1 tbsp	2 tbsp
Mediterranean Spice Blend	1 tbsp	2 tbsp
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.





Prep

- 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.
- Meanwhile, peel, then mince or grate **garlic**.
- Cut **cucumber** in half lengthwise, then into ¼-inch half-moons.
- Drain, then roughly chop olives.
- Cut tomato into 1/4-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



Cook bulgur

- Add garlic and bulgur to the boiling water.
 Stir to combine, then remove from heat.
- Cover and let stand, until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



Cook chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **Mediterranean Spice Blend**, **1** tsp (2 tsp) **Za'atar Spice Blend**, **salt** and **pepper**.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven, until cooked through, 12-14 min.**

If you've opted to get **chicken tenders**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken breasts**, then decrease the bake time to 10-12 min.**



Make dressing

• Meanwhile, whisk together vinegar, remaining Za'atar Spice Blend, 1 tbsp (2 tbsp) lemon juice, ¼ tsp (½ tsp) lemon zest, ½ tsp (1 tsp) sugar, 2 tbsp (4 tbsp) oil and ¼ tsp (½ tsp) salt in a small bowl. Set aside.



Assemble salad

- When **bulgur** is done, fluff with a fork.
- Add olives, cucumbers, tomatoes and half the dressing to the pot.
- Season with **salt** and **pepper**, then stir to combine.



Finish and serve

- Thinly slice chicken.
- Divide **bulgur salad** between plates, then top with **chicken**.
- Drizzle remaining dressing over salad.
- Sprinkle **feta** over top.
- Squeeze a lemon wedge over top, if desired.

