















# Za'atar Chicken Bulgur Bowls

with cucumbers and chopped olives

Discovery 30 Minutes



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-  Chicken Breasts
-  Chicken Tenders
-  Bulgur Wheat
-  Mixed Olives
-  Mini Cucumber
-  Za'atar Spice Blend
-  Roma Tomato
-  Lemon
-  Feta Cheese, crumbled
-  Garlic, cloves
-  White Wine Vinegar
-  Mediterranean Spice Blend

**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!

## Start here

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

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

## Bust out

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

## Ingredients

	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	¼ 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.*



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### 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 ¼-inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.



### 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.



### 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.



### 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.



### 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 medium-high 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.\*\*



### 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.

Dinner Solved!