



Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño-Ranch Dressing

Smart Meal

Spicy

35 Minutes

Swap



Chicken Thighs*
280 g | 560 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts*
2 | 4



Bulgur Wheat
½ cup | 1 cup



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Tomato
1 | 2



Lemon
1 | 2



Parsley
7 g | 14 g



Garlic, cloves
1 | 2



Jalapeño
1 | 2



Mayonnaise
2 tbsp | 4 tbsp



Sour Cream
1 | 2



Baby Spinach
56 g | 113 g

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.

Pantry items | Pepper, sugar, oil, salt

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

1



Cook bulgur

- Before starting, preheat the oven to 450 °F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (¼ tsp) • Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)
- **Heat Guide for Step 4:**
 - Mild: ½ tbsp (1 tbsp) • Medium: 1 tbsp (2 tbsp)
 - Spicy: 1 ½ tbsp (3 tbsp) • Extra: 2 tbsp (4 tbsp)

- 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.
- 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.

4



Make jalapeño-ranch dressing

- Add **mayo**, **sour cream**, **half the parsley**, **1 tsp** (2 tsp) **lemon juice**, ¼ **tsp** (½ tsp) **sugar**, ¼ **tsp** (½ tsp) **garlic** and **1 ½ tbsp** (3 tbsp) **jalapeños** to a small bowl. (**NOTE:** Reference garlic and heat guides.)
- Season with **salt** and **pepper**, then stir to combine.

2



Cook chicken

🔄 **Swap** | **Chicken Thighs**

- 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 **Smoked Paprika-Garlic Blend**.
- When hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed, using ½ tbsp oil per batch.) Cook until golden, 2-3 min per side.
- Transfer to a parchment-lined baking sheet.
- Bake **chicken** in the **middle** of the oven until cooked through, 12-14 min.**

5



Finish bulgur and make salad

- Add **lemon zest** and **remaining parsley** to the pot with **bulgur**. Season with **pepper**, then fluff with a fork to combine.
- Add **2 tsp** (4 tsp) **lemon juice** and **2 tbsp** (4 tbsp) **oil** to a large bowl. (**TIP:** Add ¼ tsp [½ tsp] sugar, if desired.)
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **tomatoes** to the large bowl with **vinaigrette**, then toss to combine.

3



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Finely chop **parsley**.
- Peel, then mince or grate **garlic**.
- Core, then finely chop **jalapeño**, removing **seeds** for less heat. (**TIP:** We suggest using gloves when prepping jalapeños.)

6



Finish and serve

- Thinly slice **chicken**.
- Add **bulgur** to the bowl with **salad**, then toss to combine.
- Divide **bulgur salad** between bowls. Top with **chicken**.
- Drizzle with **jalapeño-ranch dressing**.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining jalapeños**, if desired.

Measurements
within steps

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

2 | Cook chicken

🔄 **Swap** | **Chicken Thighs**

If you've opted to get **chicken thighs**, cook them in the same way the recipe instructs you to cook the **chicken breasts**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.