



# Seed-Crusted Chicken

with Bulgur Salad

30 Minutes

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](http://www.hellofresh.ca)

Swap



Chicken Breasts  
2 | 4

Swap



Turkey Breast Portions  
340 g | 680 g



Chicken Breast Tenders  
310 g | 620 g



Bulgur Wheat  
1/2 cup | 1 cup



Mayonnaise  
2 tbsp | 4 tbsp



Mini Cucumber  
1 | 2



White Wine Vinegar  
2 tbsp | 4 tbsp



Panko Breadcrumbs  
1/3 cup | 2/3 cup



Feta Cheese, crumbled  
1/4 cup | 1/2 cup



Spring Mix  
56 g | 113 g



Tomato  
1 | 2



Seed Blend  
28 g | 56 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** | Sugar, oil, pepper, salt

**Cooking utensils** | Aluminum foil, baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, shallow dish, whisk

1



## Prep

- Before starting, preheat the oven to 475°F.
- Wash and dry all produce.
- Add **½ cup** (1 cup) **water** and **½ tsp** (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Roughly chop **seed blend**.

2



## Cook bulgur

- Add **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.

3



## Coat chicken

Swap | [Chicken Breasts](#)

Swap | [Turkey Breast Portions](#)

- Meanwhile, combine **chopped seeds**, **panko**, **¼ tsp** (½ tsp) **salt** and **¼ tsp** (½ tsp) **pepper** in a shallow dish.
- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Coat **chicken** all over with **mayo**.
- Working with one **tender** at a time, press both sides into **seed mixture** to coat completely.

4



## Roast chicken

Swap | [Turkey Breast Portions](#)

- Transfer **chicken** to a foil-lined baking sheet, then drizzle **1 tbsp** (2 tbsp) **oil** over top.
- Roast in the **middle** of the oven, flipping halfway through, until cooked through, 12-14 min.\*\*

5



## Prep veggies and make dressing

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Cut **tomato** into ¼-inch pieces.
- Whisk together **vinegar**, **½ tsp** (1 tsp) **sugar**, **3 tbsp** (6 tbsp) **oil** and **¼ tsp** (½ tsp) **salt** in a large bowl.

6



## Finish and serve

- When **bulgur** is done, fluff with a fork. Add **bulgur**, **cucumbers**, **tomatoes** and **spring mix** to the large bowl with **dressing**. Season with **salt** and **pepper**, then stir to combine.
- Divide **bulgur salad** between plates. Top with **chicken**.
- Sprinkle with **feta**.

Measurements  
within steps

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

## 3 | Coat chicken

Swap | [Chicken Breasts](#)

If you've opted to get **chicken breasts**, cut into 1-inch-wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

## 3 | Coat turkey

Swap | [Turkey Breast Portions](#)

If you've opted to get **turkey**, cut into 1-inch-wide strips, then prepare them in the same way the recipe instructs you to prepare the **chicken breast tenders**.

## 4 | Roast turkey

Swap | [Turkey Breast Portions](#)

Cook **turkey** in the same way the recipe instructs you to cook the **chicken breast tenders**\*\*

\* 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.