



# Middle Eastern-Inspired Chicken and Bulgur Bowls

with Radishes and Olives

30 Minutes

Customized Protein

+ Add

Swap

or

x2 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)

Swap



Chicken Thighs  
280 g | 560 g

Swap



Plant-Based Protein Shreds  
200 g | 400 g



Chicken Breasts  
2 | 4



Bulgur Wheat  
½ cup | 1 cup



Mixed Olives  
30 g | 60 g



Radish  
3 | 6



Middle Eastern Seasoning  
1 tbsp | 2 tbsp



Tomato  
1 | 2



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

**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.*

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

**Pantry items** | Oil, pepper, sugar, salt

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

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## Prep

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

- To a medium pot, add  $\frac{3}{4}$  **cup** (1  $\frac{1}{2}$  cups) **water** and  $\frac{1}{2}$  **tsp** (1 tsp) **salt**. Cover and bring to a boil over high.
- Meanwhile, peel, then mince or grate **garlic**.
- Slice **radishes** into rounds.
- Drain, then roughly chop **olives**.
- Cut **tomato** into  $\frac{1}{4}$ -inch pieces.
- Zest, then juice **half the lemon** (whole lemon for 4 servings). Cut **any remaining lemon** into wedges.

4



## Make dressing

- Meanwhile, in a small bowl, whisk together **vinegar**, **1 tsp** (2 tsp) **Middle Eastern Seasoning**, **1 tbsp** (2 tbsp) **lemon juice**,  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **lemon zest**,  $\frac{1}{2}$  **tsp** (1 tsp) **sugar**, **2 tbsp** (4 tbsp) **oil** and  $\frac{1}{4}$  **tsp** ( $\frac{1}{2}$  tsp) **salt**. Set aside.

2



## Cook bulgur

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

5



## Assemble salad

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

3



## Cook chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Plant-Based Ground Protein**

- Meanwhile, pat **chicken** dry with paper towels. Season with **Mediterranean Spice Blend**, **1 tsp** (2 tsp) **Middle Eastern Seasoning**, **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear for 1-2 min per side, until golden.
- Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven for 12-14 min, until cooked through.\*\*

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## 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 you like.

**Measurements within steps** | **1 tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 3 | Cook chicken

🔄 Swap | **Chicken Thighs**

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

## 3 | Cook plant-based protein shreds

🔄 Swap | **Plant-Based Ground Protein**

If you've opted to get **plant-based protein shreds**, cook for 6-8 min, flipping once or twice, until cooked through.\*\* Season with **Mediterranean Spice Blend**, **1 tsp** (2 tsp) **Middle Eastern Seasoning**, **salt** and **pepper**. Toss to coat. Top final plates with **protein shreds**.

♦ 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 165°F.