



Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño-Ranch Dressing

Smart Meal

Spicy

35 Minutes

Swap Swap Double



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)

Chicken Thighs+ 280 g | 560 g Tofu 1 | 2 Chicken Breasts+ 4 | 8



Chicken Breasts+ 2 | 4 Bulgur Wheat ½ cup | 1 cup

Smoked Paprika-Garlic Blend 6 g | 12 g 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.*

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

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.
- 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 heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove from heat.
- Let stand for 15-16 min, until **bulgur** is tender and liquid is absorbed. Fluff with a fork.

2



Cook chicken

- 🔄 **Swap** | **Chicken Thighs**
- 🔄 **Swap** | **Tofu**
- ✖️ **Double** | **Chicken Breasts**
- Meanwhile, heat a large non-stick pan over medium.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **Smoked Paprika-Garlic Blend**.
- When the pan is hot, add $\frac{1}{2}$ **tbsp oil**, then **chicken**. (**NOTE**: Don't overcrowd the pan; cook in 2 batches if needed, using $\frac{1}{2}$ **tbsp oil** per batch.) Cook for 2-3 min per side, until golden.
- Transfer to a parchment-lined baking sheet.
- Bake **chicken** in the **middle** of the oven for 12-14 min, until cooked through.**

4



Make jalapeño-ranch dressing

- To a small bowl, add **mayo**, **sour cream**, **half the parsley**, **1 tsp** (2 tsp) **lemon juice**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **sugar**, $\frac{1}{4}$ **tsp** ($\frac{1}{2}$ tsp) **garlic** and **1 $\frac{1}{2}$ tbsp** (3 **tbps**) **jalapeños**. (**NOTE**: Like it extra garlicky or spicy? Add more garlic or jalapeños.)
- Season with **salt** and **pepper**, then stir to combine.

5



Finish bulgur and make salad

- To the pot with **bulgur**, add **lemon zest** and **remaining parsley**. Season with **pepper**, then fluff with a fork to combine.
- To a large bowl, add **2 tsp** (4 **tsp**) **lemon juice** and **2 **tbps**** (4 **tbps**) **oil**. (**TIP**: Add $\frac{1}{4}$ **tsp** [$\frac{1}{2}$ **tsp**] **sugar**, if you like.)
- Season with **salt** and **pepper**, then whisk to combine.
- To the **vinaigrette**, add **spinach** and **tomatoes**, then toss to combine.

3



Prep

- Meanwhile, cut **tomato** into $\frac{1}{2}$ -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**.
- To the bowl with **salad**, add **bulgur**, 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 you like.

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

For 6 servings

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.

2 | 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 the **chicken breasts**.

2 | Cook tofu

🔄 **Swap** | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE**: You will have two square **tofu** steaks per block.) Using a fork, poke **tofu** all over. Season and roast **tofu** the same way the recipe instructs you to season and roast **chicken**, decreasing roasting time to 6-8 min, until golden.

2 | Cook chicken

✖️ **Double** | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**. Work in batches if necessary.

* 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, as size may vary.