



# Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño Ranch Dressing

Carb Smart

Spicy

35 Minutes



Chicken Breasts



Baby Spinach



Roma Tomato



Sour Cream



Mayonnaise



Green Onion



Garlic, cloves



Lemon



Jalapeño



Smoked Paprika-Garlic Blend



Bulgur Wheat

HELLO BULGUR

*A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!*

## Start here

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

### Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: 1 ½ tsp
- Extra-spicy: 2 tsp

### Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Baby Spinach	56 g	113 g
Roma Tomato	80 g	160 g
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	2 tbsp	4 tbsp
Green Onion	2	2
Garlic, cloves	1	2
Lemon	1	2
Jalapeño 🌶️	1	2
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Bulgur Wheat	½ cup	1 cup
Sugar*	¼ tsp	½ 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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## Cook bulgur

- Add **¾ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.



## Make DIY jalapeño ranch dressing

- Add **mayo**, **sour cream**, **half the green onions**, **1 tsp lemon juice**, **¼ tsp sugar** (dbl both for 4 ppl), **¼ tsp garlic** and **1 ½ tsp jalapeños** to a small bowl. (NOTE: Reference garlic guide and heat guide.)
- Season with **salt** and **pepper**, to taste, then stir to combine.



## Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- 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 **½ tbsp oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tbsp oil per batch.) Pan-fry until golden-brown, 2-3 min per side.
- Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min. \*\*



## Finish bulgur and make salad

- Add **lemon zest** and **remaining green onions** to the pot with **bulgur**. Season with **pepper**, to taste, then fluff with a fork to combine.
- Add **2 tsp lemon juice** and **2 tbsp oil** (dbl both for 4 ppl) to a large bowl. (TIP: Add ¼ tsp sugar, if desired.) Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **spinach** and **tomatoes** to the bowl with **vinaigrette**, then toss to combine.



## Prep

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



## 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 **DIY jalapeño ranch dressing**.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining jalapeños**, if desired.

## Dinner Solved!