



Carb Smart Harissa-Roasted Chicken

with Tomato Bulgur Pilaf and Mint-Yogurt Sauce

Calorie Smart

Carb Smart

30 Minutes



Chicken Thighs



Chicken Breasts



Bulgur Wheat



Harissa Spice Blend



Roma Tomato



Baby Spinach



Greek Yogurt



Mint



Garlic, cloves



Lemon



Chicken Broth Concentrate

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

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.

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

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

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

Ingredients

| | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Chicken Thighs | 280 g | 560 g |
| Chicken Breasts | 2 | 4 |
| Bulgur Wheat | ½ cup | 1 cup |
| Harissa Spice Blend | 1 tbsp | 2 tbsp |
| Roma Tomato | 160 g | 320 g |
| Baby Spinach | 56 g | 113 g |
| Greek Yogurt | 100 ml | 200 ml |
| Mint | 7 g | 7 g |
| Garlic, cloves | 2 | 4 |
| Lemon | ½ | 1 |
| Chicken Broth Concentrate | 1 | 2 |
| 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.

Contact

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Start pilaf

- Peel, then mince or grate **garlic**.
- Cut **tomatoes** into ½-inch pieces.
- Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **tomatoes**. Cook, stirring often, until **tomatoes** are very soft and start to break down, 3-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.



Finish prep and make mint-yogurt sauce

- Meanwhile, roughly chop **spinach**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Finely chop **mint**. Add **yogurt, lemon zest, ½ tbsp lemon juice, 1 tbsp water, 1 tbsp mint** (dbl all for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt and pepper**, to taste, then stir to combine. (**TIP:** Add ¼ tsp sugar [½ tsp for 4 ppl] for a more balanced sauce.)



Cook pilaf

- Add **broth concentrate, ⅔ cup water** and **½ tsp salt** (dbl both for 4 ppl) to the pot with **tomatoes**. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur**. Cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.



Finish pilaf

- Add **spinach** to the pot with **pilaf**. Season with **salt and pepper**, to taste. Stir until **spinach** is slightly wilted, 30 sec.



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 **Harissa Spice Blend**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the bake time to 10-12 min.



Finish and serve

- Thinly slice **chicken**.
- Divide **tomato bulgur pilaf** between plates. Top with **chicken**.
- Dollop **mint-yogurt sauce** over top. Sprinkle with **any remaining mint**, if desired. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!