



Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño-Ranch Dressing

Carb Smart

Optional Spice

35 Minutes

Swap



Chicken Thighs
280 g | 560 g

Swap



Tofu
1 | 2

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



Chicken Breasts
2 | 4



Baby Spinach
56 g | 113 g



Sour Cream
3 tbsp | 6 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Lemon
1 | 2



Jalapeño
1 | 2



Smoked Paprika-Garlic Blend
1 tbsp | 2 tbsp



Bulgur Wheat
½ cup | 1 cup



Parsley
7 g | 14 g



Garlic, cloves
1 | 2



Tomato
1 | 2

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, salt, pepper

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

1



Cook bulgur

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Garlic Guide for Step 4:**
 - Mild: ¼ tsp (¼ tsp)
 - Medium: ¼ tsp (½ tsp)
 - Extra: ½ tsp (1 tsp)
- **Heat Guide for Step 4:**
 - Mild: ½ tbsp (1 tbsp)
 - Medium: 1 tbsp (2 tbsp)
 - Spicy: 1 ½ tbsp (3 tbsp)
 - Extra-Spicy: 2 tbsp (4 tbsp)

- Add ¾ cup (1 ½ cups) **water** and ½ tsp (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.

4



Make jalapeño-ranch dressing

- Add **mayo**, **sour cream**, **half the parsley**, **1 tsp** (2 tsp) **lemon juice**, ¼ tsp (½ tsp) **sugar**, ¼ tsp (½ tsp) **garlic** and **1 ½ tbsp** (3 tbsp) **jalapeños** to a small bowl. (**NOTE:** Reference garlic guide and heat guide.)
- Season with **salt** and **pepper**, then stir to combine.

2



Cook chicken

Swap | Chicken Thighs

Swap | Tofu

- Meanwhile, heat a large non-stick pan over medium 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.)
- Cook until golden, 2-3 min per side.
- Transfer to a parchment-lined baking sheet.
- Bake **chicken** in the **middle** of the oven until cooked through, 12-14 min.**

5



Finish bulgur and make salad

- Add **lemon zest** and **remaining parsley** to the pot with **bulgur**. Season with **pepper**, then fluff with a fork to combine.
- Add **2 tsp** (4 tsp) **lemon juice** and **2 tbsp** (4 tbsp) **oil** to a large bowl. (**TIP:** Add ¼ tsp [½ tsp] **sugar**, if desired.)
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **tomatoes** to the bowl with **vinaigrette**, then toss to combine.

3



Prep

- Meanwhile, cut **tomato** into ½-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

Swap | Tofu

- Thinly slice **chicken**.
- Add **bulgur** to the bowl with **salad**, 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 desired.

Measurements within steps

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

2 | Cook chicken thighs

Swap | Chicken Thighs

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

2 | Cook tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season with **salt**, **pepper** and **Smoked Paprika-Garlic Blend**.

When the pan is hot, add ½ **tbsp oil**, then **tofu**. (**NOTE:** Don't overcrowd the pan; cook in 2 batches if needed, using ½ **tbsp oil** per batch.) Cook until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm.

6 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

* 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.



Issue with your meal? Scan the QR code to share your feedback.