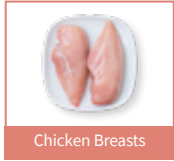




Grilled Harissa Chicken Tenders

with Veggie Bulgur and Lemon-Garlic Yogurt Sauce

Grill 35 Minutes



Chicken Tenders

Chicken Breasts



Harissa Spice Blend



Garlic, cloves



Mini Cucumber



Sweet Bell Pepper



Lemon



Greek Yogurt



Dill-Garlic Spice Blend



Bulgur Wheat

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 HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium heat.

Measurements **1 tbsp** (2 tbsp) **oil**
within steps 2 person 4 person Ingredient

Garlic Guide for Step 2:

- Mild: ½ tsp (¼ tsp) • Medium: ¼ tsp (½ tsp)
- Extra: ½ tsp (1 tsp)

Bust out

Medium bowl, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Chicken Breasts*	2	4
Harissa Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	1	2
Mini Cucumber	66 g	132 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Greek Yogurt	100 ml	200 ml
Dill-Garlic Spice Blend	1 tsp	2 tsp
Bulgur Wheat	½ cup	1 cup
Sugar*	½ tsp	1 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.

Contact

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Cook bulgur

- Add **Dill-Garlic Spice Blend**, **¾ cup** (1 ½ cups) **water** and **¼ tsp** (½ 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 the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.



Grill chicken

- When **peppers** are halfway done, add **chicken** to the other side of the grill.
- Close lid and grill, flipping once, until **chicken** is cooked through, 2-3 min per side.**

If you've opted to get **chicken breasts**, prepare them in the same way the recipe instructs you to prepare the **chicken tenders**, then increase the grilling time to 6-8 min per side.**



Prep and make yogurt sauce

- Meanwhile, quarter **pepper** lengthwise, then remove core.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Zest, then juice **lemon**.
- Peel, then mince or grate **garlic**.
- Add **yogurt**, **lemon zest**, **2 tsp** (4 tsp) **lemon juice**, **3 tbsp** (6 tbsp) **water**, **½ tsp** (1 tsp) **sugar** and **½ tsp** (1 tsp) **garlic** to a small bowl. (NOTE: Reference garlic guide.) (TIP: Add more water, 1 tbsp at a time, until you reach desired drizzling consistency!) Season with **salt** and **pepper**, then stir to combine. Set aside.
- Pat **chicken** dry with paper towels. Add **chicken**, **1 tbsp** (2 tbsp) **oil** and **Harissa Spice Blend** to a large bowl. Season with **salt** and **pepper**, then flip **chicken** to coat.



Finish bulgur

- Cut **peppers** into ½-inch pieces.
- Add **peppers**, **cucumbers**, **remaining garlic**, **1 tbsp** (2 tbsp) **oil** and **½ tsp** (1 tsp) **lemon juice** to the pot with **bulgur**. Season with **pepper**, to taste, then stir to combine.



Grill veggies

- Add **peppers** and **1 tbsp** (2 tbsp) **oil** to a medium bowl. Season with **salt** and **pepper**, then toss to coat.
- Add **peppers** to one side of the grill. Close lid and grill, flipping once, until tender-crisp, 6-8 min.



Finish and serve

- Divide **bulgur** between plates. Top with **chicken**.
- Drizzle **lemon-garlic yogurt sauce** over top.

Dinner Solved!