



FEB
2017

Lebanese Chicken Salad

with Bulgur and Tzatziki Dressing

Bulgur wheat is a nutritious Middle Eastern grain we can't get enough of. It's tender, slightly chewy, and adds a hearty consistency to this chicken salad. Oh, and did we tell you how much we love the tzatziki dressing?

 Prep
30 min

 level 1



Chicken Tenders



Bulgur



Grape
Tomatoes



Baby Gem
Lettuce



Garlic



Smoked Paprika



Oregano



Lemon



Baby Cucumber



Mixed Olives



Greek Yogurt

Ingredients

	2 People	4 People
Chicken Tenders	1 pkg (340 g)	2 pkg (680 g)
Bulgur	1) 1 pkg (113 g)	2 pkg (227 g)
Grape Tomatoes	1 pkg (255 g)	2 pkg (510 g)
Baby Gem Lettuce	1	2
Garlic	1 pkg (10 g)	2 pkg (20 g)
Smoked Paprika	1 pkg (1 tsp)	2 pkg (2 tsp)
Oregano	1 pkg (7 g)	1 pkg (7 g)
Lemon	1	2
Baby Cucumber	2	4
Mixed Olives	1 pkg (28 g)	2 pkg (56 g)
Greek Yogurt	2) 1 pkg	2 pkg
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Medium Pot, Zester, Measuring Spoons, Strainer, Large Bowl, Large Pan, Small Bowl

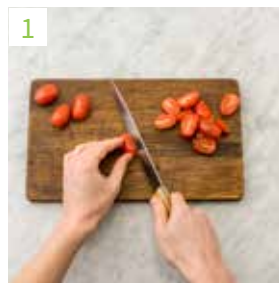
Ruler

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Nutrition per person Calories: 508 cal | Fat: 12 g | Protein: 43 g | Carbs: 58 g | Fibre: 13 g | Sodium: 454 mg

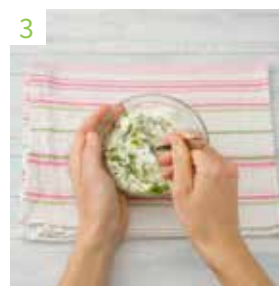
Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



1 Prep: Wash and dry all produce. Bring a medium pot of **salted water** to a boil. Halve the **tomatoes** and **olives**. Thinly slice the **baby gem(s)** into 1/4-inch slices. Mince or grate the **garlic**. Finely chop **2 tsp oregano leaves** (double for 4 people.) Zest, then juice the **lemon**. Coarsely grate **1 cucumber** (double for 4 people) and thinly slice the **remaining cucumber(s)** into 1/4-inch rounds.

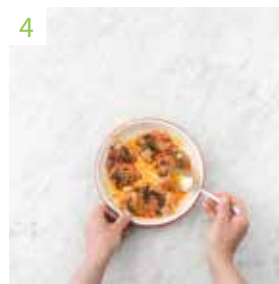
3



2 Cook the bulgur: Add the **bulgur** to the boiling water. Cover, and reduce heat to medium. Cook until bulgur is tender, 8-10 min.

3 Make the tzatziki dressing: Meanwhile, in a small bowl, combine the **grated cucumber**, **yogurt**, **half the oregano**, **half the lemon zest**, **1 tbsp lemon juice** (double for 4 people), **1 tbsp water** (double for 4 people), **pinch of garlic** and a drizzle of **oil**. Season with **salt** and **pepper**.

4



4 Marinate the chicken: In a large bowl, toss the **chicken tenders** with the **smoked paprika**, **remaining lemon zest**, **remaining garlic**, **remaining oregano** and a drizzle of **oil**. Season with **salt** and **pepper**.

5 Cook the chicken: Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Cook until the chicken is golden-brown, 2-3 min per side.

6 Finish and serve: Drain and return the **bulgur** to the pot. Fluff the bulgur with a fork and season with **salt** and **pepper**. Plate the bulgur, then top with the **lettuce**, **tomatoes**, **cucumber slices** and **olives**. Add the sliced **chicken** and drizzle over the **tzatziki dressing**. Enjoy!

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