



Seed-Crusted Chicken with Bulgur Salad

Discovery

30 Minutes



Chicken Tenders



Bulgur Wheat



Seed Blend



Honey



Mayonnaise



Mini Cucumber



White Wine Vinegar



Italian Breadcrumbs



Goat Cheese



Arugula and Spinach Mix

HELLO BULGUR

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

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, shallow dish, medium pot, parchment paper, small bowl, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Bulgur Wheat	½ cup	1 cup
Seed Blend	56 g	112 g
Honey	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Mini Cucumber	132 g	264 g
White Wine Vinegar	1 tbsp	2 tbsp
Italian Breadcrumbs	¼ cup	½ cup
Goat Cheese	56 g	112 g
Arugula and Spinach Mix	56 g	113 g
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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Prep

Add **½ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, slice **cucumber** into ¼-inch rounds. Roughly chop **seed blend**.



Bake chicken

Transfer **chicken** to a parchment-lined baking sheet, then drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Bake in the **middle** of the oven, flipping halfway, until cooked through, 12-14 min.**



Cook bulgur

Add **bulgur** to the **boiling water**. Stir to combine, then remove the pot from heat. Cover and let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



Make dressing

While **chicken** bakes, whisk together **vinegar**, **honey**, **2 tbsp oil** and **¼ tsp salt** (dbl both for 4 ppl) in a small bowl. Set aside.



Coat chicken

Combine **chopped seeds** and **Italian breadcrumbs** in a shallow dish. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Coat **chicken** all over with **mayo**. Working with **one tender** at a time, press both sides into **seed mixture** to coat completely.



Finish and serve

When **bulgur** is done, fluff with a fork. Add **cucumber**, **arugula and spinach mix** and **half the dressing**. Season with **salt** and **pepper**, then stir to combine. Divide **bulgur salad** between plates. Top with **chicken**. Drizzle with **remaining dressing**. Crumble **goat cheese** over top.

Dinner Solved!