



# Seed-Crusted Chicken

## with Bulgur Salad

Discovery

30 Minutes



Chicken Tenders



Bulgur Wheat



Seed Blend



Mayonnaise



Mini Cucumber



White Wine Vinegar



Panko Breadcrumbs



Feta Cheese, crumbled



Spring Mix



Roma Tomato

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
Mayonnaise	2 tbsp	4 tbsp
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Feta Cheese, crumbled	¼ cup	½ cup
Spring Mix	56 g	112 g
Roma Tomato	80 g	160 g
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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## 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.
- 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 and prep veggies

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Cut **tomato** into ¼-inch pieces.
- Whisk together **vinegar**, **½ tsp sugar**, **2 tbsp oil** and **¼ tsp salt** (dbl all for 4 ppl) in a small bowl.



## Coat chicken

- Meanwhile, combine **chopped seeds**, **panko**, **¼ tsp salt** and **¼ tsp pepper** (dbl for 4 ppl) 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, then add **cucumbers**, **tomatoes**, **spring mix** and **half the dressing**. Season with **salt** and **pepper**, then stir to combine.
- Divide **bulgur salad** between plates. Top with **chicken**.
- Drizzle **remaining dressing** over top.
- Sprinkle with **feta**.

## Dinner Solved!