



Seed-Crusted Chicken

with Bulgur Salad

Discovery

30 Minutes



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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!



Chicken Tenders



Chicken Breasts



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 475°F.
- Wash and dry all produce.

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

Bust out

Baking sheet, measuring spoons, shallow dish, aluminum foil, medium pot, large bowl, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Chicken Breasts *	1	2
Bulgur Wheat	½ cup	1 cup
Seed Blend	56 g	112 g
Mayonnaise	2 tbsp	4 tbsp
Mini Cucumber	1	2
White Wine Vinegar	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Feta Cheese, crumbled	¼ cup	½ cup
Spring Mix	56 g	113 g
Roma Tomato	1	2
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.



1 Prep

- Add **½ cup** (1 cup) **water** and **½ tsp** (1 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- Roughly chop **seed blend**.



2 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.



3 Coat chicken

- Meanwhile, combine **chopped seeds**, **panko**, **¼ tsp** (½ tsp) **salt** and **¼ tsp** (½ tsp) **pepper** 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.

If you've opted to get **chicken breasts**, cook it in the same way the recipe instructs you to cook the **chicken tenders**.



4 Roast chicken

- Transfer **chicken** to a foil-lined baking sheet, then drizzle **1 tbsp** (2 tbsp) **oil** over top.
- Roast in the **middle** of the oven, flipping halfway through, until cooked through, 12-14 min.**



5 Prep veggies and make dressing

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Cut **tomato** into ¼-inch pieces.
- Whisk together **vinegar**, **½ tsp** (1 tsp) **sugar**, **2 tbsp** (4 tbsp) **oil** and **¼ tsp** (½) **salt** in a large bowl.



6 Finish and serve

- When **bulgur** is done, fluff with a fork. Add **bulgur**, **cucumbers**, **tomatoes** and **spring mix** to the large bowl with **dressing**. Season with **salt** and **pepper**, then stir to combine.
- Divide **bulgur salad** between plates. Top with **chicken**.
- Sprinkle with **feta**.

Dinner Solved!



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