

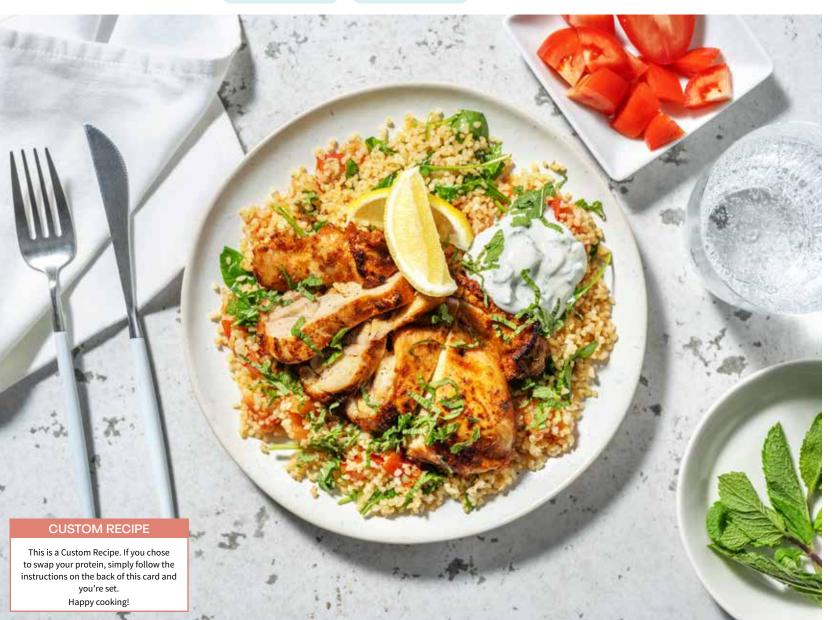
Smart Harissa-Roasted Chicken

with Tomato Bulgur Pilaf and Mint-Yogurt Sauce

Carb Smart

Calorie Smart

30 Minutes





Chicken Thighs





Bulgur Wheat







Baby Spinach

Lemon

Harissa Spice Blend

Roma Tomato





Greek Yogurt



Garlic, cloves





Chicken Broth Concentrate

HELLO BULGUR

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: 1/4 tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Baking sheet, measuring spoons, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts •	2	4
Bulgur Wheat	½ cup	1 cup
Harissa Spice Blend	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Baby Spinach	56 g	113 g
Greek Yogurt	100 ml	200 ml
Mint	7 g	7 g
Garlic, cloves	2	4
Lemon	1/2	1
Chicken Broth Concentrate	1	2
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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Start pilaf

- Peel, then mince or grate garlic.
- Cut tomatoes into ½-inch pieces.
- · Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **tomatoes**. Cook, stirring often, until **tomatoes** are very soft and start to break down, 3-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.



Cook pilaf

- Add broth concentrate, % cup water and 1/2 tsp salt (dbl both for 4 ppl) to the pot with tomatoes. Cover and bring to a boil over high heat.
- Once boiling, stir in bulgur. Cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.



Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **Harissa Spice Blend**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Prep remaining ingredients and make mint-yogurt sauce

- Meanwhile, roughly chop **spinach**.
- Zest, then juice half the lemon (whole lemon for 4 ppl). Cut any remaining lemon into wedges.
- Finely chop mint.
- Add yogurt, lemon zest, ½ tbsp lemon juice,
 1 tbsp water, 1 tbsp mint (dbl all for 4 ppl) and
 ½ tsp garlic to a small bowl. (NOTE: Reference garlic guide.)
- Season with salt and pepper, to taste, then stir to combine. (TIP: Add ¼ tsp sugar [½ tsp for 4 ppl] for a more balanced sauce.)



Finish pilaf

• Add **spinach** to the pot with **pilaf**. Season with **salt** and **pepper**, to taste. Stir until **spinach** is slightly wilted, 30 sec.



Finish and serve

- Thinly slice chicken.
- Divide **tomato bulgur pilaf** between plates. Top with **chicken**.
- Dollop mint-yogurt sauce over top.
- Sprinkle with any remaining mint, if desired.
- Squeeze a lemon wedge over top, if desired.

Dinner Solved!