



Za'atar Chicken Bulgur Bowl

with Baby Spinach and Chopped Olives

Carb Smart

35 Minutes



Chicken Thighs/Leg



Bulgur Wheat



Mixed Olives



Baby Spinach



Za'atar Spice Blend



Roma Tomato



Lemon



Feta Cheese, crumbled



White Wine Vinegar



Garlic

HELLO BULGUR

Has a light and nutty flavour which is highlighted in Middle Eastern cuisine!

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg ♦	310 g ***	620 g ***
Bulgur Wheat	½ cup	1 cup
Mixed Olives	30 g	60 g
Baby Spinach	56 g	113 g
Za'atar Spice Blend	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Lemon	1	1
Feta Cheese, crumbled	¼ cup	½ cup
Garlic	3 g	6 g
White Wine Vinegar	1 tbsp	2 tbsp
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.

*** Minimum weight on chicken

♦ 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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1 Prep

Add **¾ cups 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, peel, then mince or grate **garlic**. Roughly chop **spinach**. Roughly chop **olives**. Chop **tomato** into ¼-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining lemon** into wedges.



4 Make dressing

While **chicken** cooks, whisk together **vinegar**, **1 tbsp lemon juice**, **¼ tsp lemon zest**, **2 tbsp oil**, **½ tsp sugar**, and **¼ tsp salt** (dbl all for 4 ppl) in a small bowl. Set aside.



2 Cook bulgur

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



5 Assemble salad

When **bulgur** is done, fluff with a fork. Stir in **olives**, **spinach**, **tomatoes** and **half the dressing**. Season with **salt** and **pepper**.



3 Cook chicken

While **bulgur** cooks, pat **chicken** dry with paper towels. Season with **Za'atar Spice Blend**, **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil**, then the **chicken**. Sear until golden-brown, 2-3 min per side. Transfer **chicken** to a baking sheet. Bake in the **middle** of oven, until **chicken** is cooked through, 7-8 min.**



6 Finish and serve

Slice **chicken**. Divide **bulgur salad** between plates. Top with **chicken**. Sprinkle with **feta** and drizzle **remaining dressing** overtop. Squeeze over a **lemon** wedge, if desired.

Dinner Solved!