



Za'atar Chicken Bulgur Bowl

with Baby Spinach and Chopped Olives

Discovery

35 Minutes



Chicken Breasts



Bulgur Wheat



Mixed Olives



Baby Spinach



Za'atar Spice Blend



Roma Tomato



Lemon



Feta Cheese,
crumbled



Garlic



White Wine Vinegar

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 Breasts ♦	2	4
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.

♦ 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.

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



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.



Cook bulgur

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



Assemble salad

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



Cook chicken

While **bulgur** rehydrates, 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** (dbl for 4 ppl), then **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, 10-12 min.**



Finish and serve

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

Dinner Solved!