



Za'atar Chicken Bulgur Bowls

with Baby Spinach and Chopped Olives

Discovery Special

35 Minutes



Chicken Breasts



Bulgur Wheat



Mixed Olives



Baby Spinach



Za'atar Spice Blend



Roma Tomato



Lemon



Feta Cheese,
crumbled



Garlic, cloves



White Wine Vinegar

HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

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

Bust out

Baking sheet, measuring spoons, zester, medium pot, small bowl, measuring cups, 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	30 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, cloves	1	2
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 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA

1



Prep

Add **¾ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Meanwhile, 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.

4



Make dressing

Meanwhile, 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 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.

5



Assemble salad

When **bulgur** is done, fluff with a fork. Add **olives**, **spinach**, **tomatoes** and **half the dressing** to the pot. Season with **salt** and **pepper**, then stir to combine.

3



Cook chicken

Meanwhile, 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 an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**

6



Finish and serve

Thinly slice **chicken**. Divide **bulgur salad** between plates, then top with **chicken**. Sprinkle with **feta**. Drizzle **remaining dressing** over top. Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!