



20-MIN MEAL

CHICKEN OVER TABBOULEH

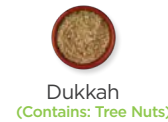
with Tomato, Cucumbers, and Feta Cheese



HELLO TABBOULEH

A Middle Eastern salad with bulgur wheat, chopped herbs, lemon juice, and veggies

PREP: 10 MIN | **TOTAL: 20 MIN** | **CALORIES: 730**



START STRONG

If you have extra time, make the bulgur and veggie tabbouleh first and let it chill in the refrigerator for up to two hours. Marinating gives the flavors more of a chance to mesh.

BUST OUT

- Small pot
- Zester
- Large bowl
- Paper towel
- Large pan
- Olive oil (14 tsp | 28 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|---------------------|-----------------|
| • Bulgur | ½ Cup 1 Cup |
| • Persian Cucumbers | 2 4 |
| • Roma Tomato | 1 2 |
| • Scallions | 2 4 |
| • Parsley | ¼ oz ½ oz |
| • Lemon | 1 2 |
| • Dukkah | 1 TBSP 2 TBSP |
| • Chicken Stir-Fry | 10 oz 20 oz |
| • Feta Cheese | ½ Cup 1 Cup |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



HelloFRESH



1 COOK BULGUR

Place **bulgur** and **2 cups water** in a small lidded pot. Bring to a boil over high heat, then cover and reduce heat to low. Let simmer gently until water is absorbed, about 12 minutes. Keep covered off heat until step 5.



4 COOK CHICKEN

Pat **chicken** dry with a paper towel, then place on a plate and sprinkle with remaining **dukkah**, a pinch of **pepper**, and a few large pinches of **salt**. Toss to coat chicken evenly. Heat a large drizzle of **olive oil** in a large pan over medium-high heat (we used nonstick). Add chicken and cook, tossing occasionally, until browned on surface and cooked through, about 5 minutes.



2 PREP VEGGIES

Wash and dry all produce.

While bulgur cooks, trim ends from **cucumbers**. Cut each into quarters lengthwise, then slice crosswise into small triangles. Cut **tomato** into small cubes. Trim, then thinly slice **scallions**, separating greens and whites. Finely chop **parsley**.



5 TOSS TABBOULEH

Fluff **bulgur** in pot with a fork. Season with a few pinches of **salt** and **pepper**. Add to bowl with **lemon dressing**, along with **cucumbers**, **tomato**, **scallion whites**, and **parsley**. Toss to combine. Gently stir in half the **feta cheese** (save rest for garnish). Season with plenty of salt and pepper.



3 MAKE LEMON DRESSING

Zest **lemon**, then cut into quarters. Squeeze enough juice into a large bowl to give you ¼ cup. Using a whisk or fork, whisk in zest, ¼ **cup olive oil**, and **1 tsp dukkah** (save the rest for the next step) until well combined. Season with **salt** and **pepper**. Set aside.



6 FINISH AND SERVE

Divide **tabbouleh** between bowls, then arrange **chicken** on top. Garnish with **scallion greens** and remaining **feta cheese**. Serve with any remaining **lemon** on the side.

FANTASTIC!

Love the tabbouleh? It's also a great side or stand-alone dish.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com

WK 40 NJ-4