



## INGREDIENTS

2 PERSON | 4 PERSON



**½ Cup | 1 Cup**  
Bulgur Wheat  
Contains: Wheat



**1 TBSP | 1 TBSP**  
Harissa Powder



**1 | 2**  
Persian Cucumber



**1 | 2**  
Roma Tomato



**¼ oz | ½ oz**  
Dill



**1 | 2**  
Chicken Stock Concentrate



**10 oz | 20 oz**  
Chicken Breast Strips



**½ Cup | 1 Cup**  
Feta Cheese  
Contains: Milk



**1.5 oz | 3 oz**  
Greek Vinaigrette Dressing  
Contains: Eggs, Milk



**1 TBSP | 2 TBSP**  
Tunisian Spice Blend

HELLO

## BULGUR

An ancient grain with satisfyingly chewy texture and earthy, nutty flavor

# HARISSA CHICKEN BOWLS

over Tabbouleh with Feta & Greek Vinaigrette



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 650





### SPICE UP YOUR LIFE

If you're as spice-obsessed as we are, you'll love harissa, a North African chili paste. Here, we use harissa powder to infuse bulgur and chicken with rich, smoky heat. Bonus: You'll have a bit left over when you're done cooking. Save it to add oomph to popcorn, eggs, or hummus!

### BUST OUT

- Small pot
- Paper towels
- Large pan
- Large bowl
- Kosher salt
- Black pepper
- Vegetable oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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### 1 COOK BULGUR

- In a small pot, combine **bulgur**, **stock concentrate**, **1 cup water**, **½ tsp harissa powder** (you'll use more later), and **salt** (we used ½ tsp). (For 4 servings, use 2 cups water, 1 tsp harissa powder, and 1 tsp salt.) Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to use in step 4.



### 3 COOK CHICKEN

- Pat **chicken\*** dry with paper towels; season with **Tunisian Spice**, **1 tsp harissa powder** (2 tsp for 4 servings), and a **big pinch of salt and pepper**. (Be sure to measure the harissa powder.)
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



### 2 PREP

- While bulgur cooks, **wash and dry all produce**.
- Trim and finely dice **cucumber**. Finely dice **tomato**. Pick and mince **fronds from dill**.



### 4 FINISH & SERVE

- Drain any excess liquid from **bulgur** if necessary. Stir in **1 TBSP butter** (2 TBSP for 4 servings). Transfer to a large bowl along with **cucumber**, **tomato**, **half the feta**, and **minced dill** to taste (start with half and add more from there if desired). Toss with **half the Greek vinaigrette**. Taste and season with **salt** and **pepper**.
- Divide **tabbouleh** between bowls and top with **harissa chicken**. Top with remaining Greek vinaigrette and remaining feta. Serve.

\* Chicken is fully cooked when internal temperature reaches 165°.