

INGREDIENTS

2 PERSON | 4 PERSON



½ Cup | 1 Cup Bulgur Wheat Contains: Wheat





1 | 2 Persian Cucumber



1 | 2 Roma Tomato



¼ oz | ½ oz



1 | 2 Chicken Stock Concentrate



10 oz | 20 oz Chicken Breast Strips



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



√2 Cup | 1 Cup
Feta Cheese
Contains: Milk



1 TBSP | 2 TBSP Tunisian Spice Blend

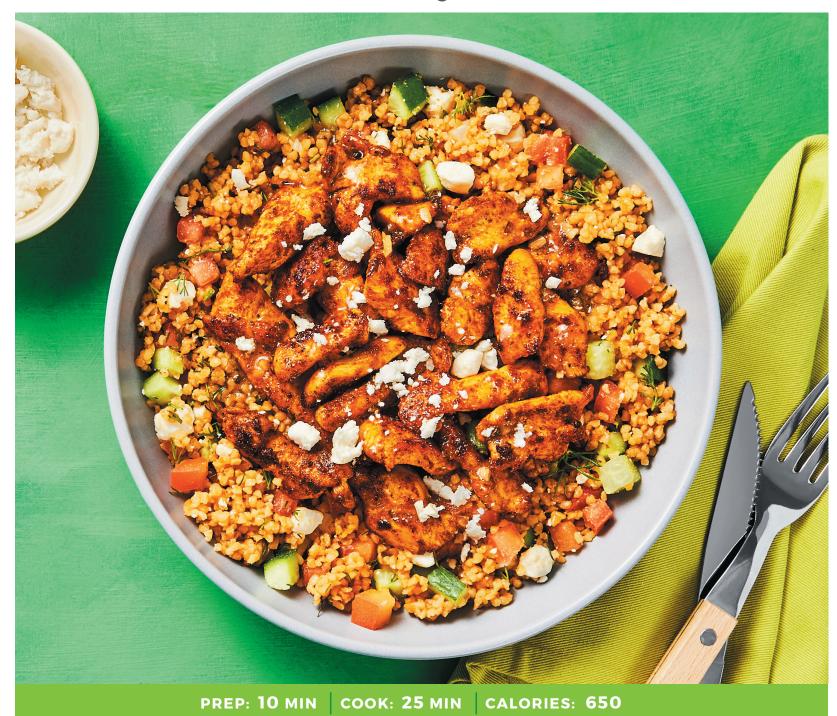
HELLO

BULGUR

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

HARISSA CHICKEN BOWLS

over Tabbouleh with Feta & Greek Vinaigrette





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



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.



2 PREP

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



- 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.



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.

/K 17-25