



SPICY TUNISIAN BULGUR BOWLS

with Zucchini, Carrots, Chermoula & Creamy Lemon Sauce

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 TBSP | 1 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



2 | 4
Veggie Stock
Concentrates



1 tsp | 2 tsp
Garlic Powder



¼ oz | ½ oz
Cilantro



1 | 1
Lemon



1 | 2
Zucchini



4 oz | 8 oz
Grape Tomatoes



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



1 tsp | 1 tsp
Chili Flakes



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 1 TBSP
Tunisian Spice
Blend



1 oz | 2 oz
Dried Apricots



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THERE TOO. SCAN HERE TO GET HELP!



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If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 780



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 780



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 590



HELLO

CHERMOULA

This North African herb sauce is bright, aromatic, and earthy.

AWW, NUTS

Chopping nuts can be tricky! If you like, skip the knife in Step 3 and place your pistachios in a bowl instead. Using a pastry cutter or the back of a measuring cup, press down to crush them into small pieces.

BUST OUT

- Peeler
- Baking sheet
- Small pot
- Zester
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) Ⓢ Ⓢ
- Olive oil (1½ TBSP | 3 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk
- 2 Small bowls
- Large pan
- Paper towels Ⓢ Ⓢ

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1 ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into sticks (like fries; ours were 3 inches long and ½ inch thick). Toss on a baking sheet with a **drizzle of oil**, ¼ tsp **harissa powder** (½ tsp for 4 servings; we sent more), **salt**, and **pepper**. **TIP: For easy cleanup, line your baking sheet with foil or parchment paper.**
- Roast on top rack, tossing halfway through, until browned and tender, 15-20 minutes.



4 MAKE CHERMOULA & SAUCE

- In a small bowl, combine **cilantro**, 1½ TBSP **olive oil** (3 TBSP for 4 servings), a **squeeze of lemon juice**, **chili flakes** to taste, and as much **remaining garlic powder** as you like. Season with **salt** and **pepper**.
- In a separate small bowl, combine **sour cream** and a **big pinch of lemon zest**. Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Season with **salt** and **pepper**.

- Ⓢ Pat **chicken*** or **organic chicken*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken; cook until cooked through, 3-5 minutes per side. Turn off heat; transfer to a plate. Wipe out pan.



2 COOK BULGUR

- Meanwhile, in a small pot, combine **bulgur**, **stock concentrates**, **half the garlic powder**, **1 cup water** (2 cups for 4 servings), a **big pinch of salt**, and **pepper**. Bring to a boil, then reduce heat to low. Simmer, covered, until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve.



5 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini**; cook, stirring, until lightly browned, 4-6 minutes (6-8 minutes for 4 servings).
- Add **tomatoes**, **half the Tunisian Spice Blend** (all for 4), and a **pinch of salt**; cook until tomatoes are slightly softened, 2-3 minutes. Season with **salt** and **pepper**. Turn off heat.

- Ⓢ Use pan used for chicken here.



3 PREP

- While bulgur cooks, finely chop **cilantro**. Zest and quarter **lemon**. Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Halve **tomatoes** crosswise. Roughly chop **pistachios**.



6 FINISH & SERVE

- Drain any excess water from **bulgur** if necessary; fluff with a fork. Stir in **apricots** and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper** to taste.
- Divide bulgur between bowls and top with **roasted carrots** and **veggies**. Top with **pistachios**. Drizzle with **chermoula** and **lemon sauce**. Sprinkle with any **remaining chili flakes** to taste. Serve with any **remaining lemon wedges** on the side.

- Ⓢ Slice **chicken** or **organic chicken** crosswise; serve atop bowls.

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