



Carb Smart Chicken Bulgur Bowls

with DIY Jalapeño Ranch Dressing

Carb Smart

Spicy

30 Minutes



Chicken Breasts



Baby Spinach



Roma Tomato



Sour Cream



Mayonnaise



Chives



Garlic, cloves



Lemon



Jalapeño



Smoked Paprika-Garlic Blend



Bulgur Wheat

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.

Heat Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

Bust out

Baking sheet, measuring spoons, zester, medium pot, large bowl, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Chicken Breasts ♦ | 2 | 4 |
| Baby Spinach | 56 g | 113 g |
| Roma Tomato | 80 g | 160 g |
| Sour Cream | 3 tbsp | 6 tbsp |
| Mayonnaise | 2 tbsp | 4 tbsp |
| Chives | 7 g | 14 g |
| Garlic, cloves | 1 | 2 |
| Lemon | 1 | 2 |
| Jalapeño 🌶️ | 1 | 2 |
| Smoked Paprika-Garlic Blend | 1 tbsp | 2 tbsp |
| Bulgur Wheat | ½ cup | 1 cup |
| Sugar* | ¼ tsp | ½ 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

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Cook bulgur

- 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.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Fluff with a fork.



Make DIY jalapeño ranch dressing

- Add **mayo**, **sour cream**, **half the chives**, **1 tsp lemon juice**, **¼ tsp sugar** (dbl both for 4 ppl), **¼ tsp garlic** and **1 ½ tbsp jalapeños** to a small bowl. (**NOTE:** Reference garlic guide and heat guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



Cook chicken

- Meanwhile, heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **Smoked Paprika-Garlic Blend**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tbsp oil per batch.) Cook until golden, 2-3 min per side.
- Transfer **chicken** to a parchment-lined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min. **



Finish bulgur and make salad

- Add **lemon zest** and **remaining chives** to the pot with **bulgur**. Season with **pepper**, to taste, then fluff with a fork to combine, 1 min. Set aside.
- Add **2 tsp lemon juice** and **2 tbsp oil** (dbl both for 4 ppl) to a large bowl. (**TIP:** Add ¼ tsp sugar, if desired.) Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **spinach** and **tomatoes**, then toss to combine.



Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.
- Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)



Finish and serve

- Thinly slice **chicken**.
- Add **bulgur** to the bowl with **salad**, then toss to combine.
- Divide **bulgur salad** between bowls. Top with **chicken**.
- Drizzle with **DIY jalapeño ranch dressing**.
- Squeeze a **lemon wedge** over top and sprinkle with **any remaining jalapeños**, if desired.

Dinner Solved!