



# Grilled Harissa-Spiced Chicken Tenders with Veggie Bulgur and Lemon-Garlic Yogurt Sauce

Grill 35 Minutes



-  Chicken Tenders
-  Harissa Spice Blend
-  Garlic, cloves
-  Mini Cucumber
-  Sweet Bell Pepper
-  Lemon
-  Greek Yogurt
-  Dill-Garlic Spice Blend
-  Bulgur Wheat

## HELLO HARISSA SPICE BLEND

*This fragrant chili pepper seasoning is commonly used in North African cuisine!*

## Start here

- Before starting, wash and dry all produce.
- Lightly oil the grill.
- While you prep, preheat the grill to 400°F over medium heat.

### Garlic Guide for Step 2 (dbl for 4 ppl):

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

## Bust out

Medium bowl, measuring spoons, zester, medium pot, large bowl, small bowl, measuring cups, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders*	310 g	620 g
Harissa Spice Blend	1 tbsp	2 tbsp
Garlic, cloves	1	2
Mini Cucumber	66 g	132 g
Sweet Bell Pepper	160 g	320 g
Lemon	1	2
Greek Yogurt	100 ml	200 ml
Dill-Garlic Spice Blend	1 tsp	2 tsp
Bulgur Wheat	½ cup	1 cup
Sugar*	½ tsp	1 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.*

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## Cook bulgur

Add **Dill-Garlic Spice Blend**, **¾ cup water** and **¼ 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.



## Grill chicken

When **peppers** are halfway done, add **chicken** to the other side of the grill. Close lid and grill, flipping once, until **chicken** is cooked through, 2-3 min per side.\*\*



## Prep and make yogurt sauce

Meanwhile, quarter **pepper** lengthwise, then remove core. Halve **cucumber** lengthwise, then cut into ¼-inch half-moons. Zest, then juice **lemon**. Peel, then mince or grate **garlic**. Add **yogurt**, **lemon zest**, **2 tsp lemon juice**, **3 tbsp water**, **½ tsp sugar** (dbl all for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) (**TIP:** Add more water, 1 tbsp at a time, until you reach your desired drizzling consistency!) Season with **salt** and **pepper**, to taste, then stir to combine. Set aside. Pat **chicken** dry with paper towels. Add **chicken**, **1 tbsp oil** (dbl for 4 ppl) and **Harissa Spice Blend** to a large bowl. Season with **salt** and **pepper**, then flip **chicken** to coat.



## Finish bulgur

Cut **peppers** into ½-inch pieces. Add **peppers**, **cucumbers**, **remaining garlic**, **1 tbsp oil** and **½ tsp lemon juice** (dbl both for 4 ppl) to the pot with **bulgur**. Season with **pepper**, to taste, then stir to combine.



## Grill veggies

Add **peppers** and **1 tbsp oil** (dbl for 4 ppl) to a medium bowl. Season with **salt** and **pepper**, then toss to coat. Add **peppers** to one side of the grill. Close lid and grill, flipping once, until tender-crisp, 6-8 min.



## Finish and serve

Divide **bulgur** between plates. Top with **chicken**. Drizzle **lemon-garlic yogurt sauce** over top.

## Dinner Solved!