



HONEY MISO CHICKEN BULGUR BOWLS

with Kale & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Red Onion



4 oz | 8 oz
Kale



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



1 | 2
Miso Sauce
Concentrate
Contains: Soy



2 tsp | 4 tsp
Honey



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

BULGUR

This hearty whole grain is a nutritional powerhouse.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 570



WE'RE BIASED!

Cutting carrots diagonally (bias cut) not only looks good but also provides more surface area to caramelize in the oven.

BUST OUT

- Peeler
- Paper towels
- Large bowl
- Large pan
- Baking sheet
- Small bowl
- Small pot
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil (2 TBSP | 2 TBSP)

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1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and slice **onion** into ½-inch-thick wedges; mince one wedge (**two wedges for 4 servings**).
- Remove and discard any large stems from **kale**; chop into bite-size pieces if desired. Add kale and a **drizzle of oil** to a large bowl; using your hands, massage kale until leaves are tender (**similar to how you would knead dough**), 1 minute.



4 COOK CHICKEN

- While bulgur cooks, pat **chicken*** dry with paper towels; season all over with **garlic powder, salt, and pepper.**
- Heat a **large drizzle of oil** in a large pan over medium heat. Add chicken; cook until browned and cooked through, 6-8 minutes per side.
- Transfer chicken to a cutting board to rest.



2 ROAST VEGGIES

- Toss **carrots** and **onion wedges** on a baking sheet with a **large drizzle of oil, salt, and pepper.**
- Roast on middle rack until browned and tender, 20-25 minutes.



5 MAKE SAUCE

- While chicken cooks, in a small microwave-safe bowl, combine **miso sauce concentrate, honey, 2 TBSP water (4 TBSP for 4 servings), and a pinch of salt.** Cover with plastic wrap; microwave until heated through, 30 seconds. Stir **honey miso sauce** to combine and set aside.



3 MAKE BULGUR

- Meanwhile, heat a **drizzle of oil** in a small pot over medium-high heat. Add **minced onion**; cook, stirring, until softened and translucent, 3-4 minutes.
- Stir in **bulgur, 1 cup water, and ½ tsp salt (2 cups water and 1 tsp salt for 4 servings).** 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 (**you'll finish it in Step 6**).



6 FINISH & SERVE

- Drain any excess water from **bulgur** if necessary; fluff with a fork. Season with **salt and pepper.** Add bulgur and **roasted veggies** to bowl with **kale.** Toss to combine; season with **salt and pepper** to taste.
- Slice **chicken** crosswise.
- Divide **bulgur-kale mixture** between bowls. Top with chicken and drizzle with **honey miso sauce.** Serve.

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