



Seed-Crusted Chicken

with Bulgur Salad

Discovery

30 Minutes



-  Chicken Tenders
-  Bulgur Wheat
-  Seed Blend
-  Mayonnaise
-  Mini Cucumber
-  White Wine Vinegar
-  Panko Breadcrumbs
-  Feta Cheese, crumbled
-  Spring Mix
-  Roma Tomato

HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, shallow dish, medium pot, parchment paper, small bowl, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Bulgur Wheat	½ cup	1 cup
Seed Blend	56 g	112 g
Mayonnaise	2 tbsp	4 tbsp
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Feta Cheese, crumbled	¼ cup	½ cup
Spring Mix	56 g	112 g
Roma Tomato	80 g	160 g
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.

Contact

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Prep

- Add **½ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Roughly chop **seed blend**.



Bake chicken

- Transfer **chicken** to a parchment-lined baking sheet, then drizzle **1 tbsp oil** (dbl for 4 ppl) over top.
- Bake in the **middle** of the oven, flipping halfway through, until cooked through, 12-14 min.**



Cook bulgur

- Add **bulgur** to the **boiling water**. Stir to combine, then remove the pot from heat.
- Cover and let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



Prep veggies and make dressing

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Cut **tomato** into ¼-inch pieces.
- Whisk together **vinegar**, **½ tsp sugar**, **2 tbsp oil** and **¼ tsp salt** (dbl all for 4 ppl) in a small bowl.



Coat chicken

- Meanwhile, combine **chopped seeds**, **panko**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a shallow dish.
- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Coat **chicken** all over with **mayo**.
- Working with **one tender** at a time, press both sides into **seed mixture** to coat completely.



Finish and serve

- When **bulgur** is done, fluff with a fork, then add **cucumbers**, **tomatoes**, **spring mix** and **half the dressing**. Season with **salt** and **pepper**, then stir to combine.
- Divide **bulgur salad** between plates. Top with **chicken**.
- Drizzle **remaining dressing** over top.
- Sprinkle with **feta**.

Dinner Solved!