



Smart Harissa-Roasted Chicken

with Tomato Bulgur Pilaf and Mint-Yogurt Sauce

Carb Smart Calorie Smart 30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

- Chicken Thighs
- Chicken Breasts**
- Bulgur Wheat
- Harissa Spice Blend
- Roma Tomato
- Baby Spinach
- Greek Yogurt
- Mint
- Garlic, cloves
- Lemon
- Chicken Broth Concentrate

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.

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

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs ◊	280 g	560 g
Chicken Breasts ◊	2	4
Bulgur Wheat	½ cup	1 cup
Harissa Spice Blend	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Baby Spinach	56 g	113 g
Greek Yogurt	100 ml	200 ml
Mint	7 g	7 g
Garlic, cloves	2	4
Lemon	1	1
Chicken Broth Concentrate	1	2
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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Start pilaf

- Peel, then mince or grate **garlic**.
- Cut **tomatoes** into ½-inch pieces.
- Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **tomatoes**. Cook, stirring often, until **tomatoes** are very soft and start to break down, 3-5 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.



Prep remaining ingredients and make mint-yogurt sauce

- Meanwhile, roughly chop **spinach**.
- Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut **any remaining lemon** into wedges.
- Finely chop **mint**.
- Add **yogurt, lemon zest, ½ tbsp lemon juice, 1 tbsp water, 1 tbsp mint** (dbl all for 4 ppl) and **½ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt and pepper**, to taste, then stir to combine. (**TIP:** Add ¼ tsp sugar [½ tsp for 4 ppl] for a more balanced sauce.)



Cook pilaf

- Add **broth concentrate, ⅔ cup water** (1 cup for 4 ppl) and **½ tsp salt** (dbl for 4 ppl) to the pot with **tomatoes**. Cover and bring to a boil over high heat.
- Once boiling, stir in **bulgur**. Cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 16-18 min.



Finish pilaf

- Add **spinach** to the pot with **pilaf**. Season with **salt and pepper**, to taste.
- Stir until **spinach** is slightly wilted, 30 sec.



Cook chicken

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt, pepper** and **Harissa Spice Blend**.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **middle** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the roast time to 10-12 min.**



Finish and serve

- Thinly slice **chicken**.
- Divide **tomato bulgur pilaf** between plates. Top with **chicken**.
- Dollop **mint-yogurt sauce** over top.
- Sprinkle with **any remaining mint**, if desired.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!