



Za'atar Chicken Bulgur Bowl

with Baby Spinach and Chopped Olives

Carb Smart

35 Minutes



Chicken Thighs/Leg



Bulgur Wheat



Mixed Olives



Baby Spinach



Za'atar Spice Blend



Roma Tomato



Lemon



Feta Cheese



White Wine Vinegar



Garlic

HELLO BULGUR

Has a light and nutty flavour which is highlighted in Middle Eastern cuisine

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Bulgur Wheat	½ cup	1 cup
Mixed Olives	30 g	60 g
Baby Spinach	56 g	113 g
Za'atar Spice Blend	1 tbsp	2 tbsp
Roma Tomato	80 g	160 g
Lemon	1	1
Feta Cheese	¼ cup	½ cup
White Wine Vinegar	1 tbsp	2 tbsp
Garlic	3 g	6 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.

*** Minimum weight of chicken.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Prep

Add **¾ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Meanwhile, peel, then mince or grate **garlic**. Roughly chop the **spinach**. Roughly chop the **olives**. Chop the **tomato** into ¼-inch pieces. Zest, then juice **half the lemon** (whole lemon for 4ppl). Cut any **remaining lemon** into wedges.



Make dressing

Whisk together **vinegar**, **1 tbsp lemon juice**, **¼ tsp lemon zest**, **2 tbsp oil**, **½ tsp sugar** and **¼ tsp salt** (dbl all for 4ppl) in a small bowl. Set aside.



Cook bulgur

To the **boiling water**, add **garlic** and **bulgur**. Stir together, then remove pot from heat. Cover and let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



Assemble salad

When **bulgur** is done, fluff with a fork. Stir in **olives**, **spinach**, **tomatoes** and **half the dressing**. Season with **salt** and **pepper**



Cook chicken

Pat the **chicken** dry with paper towels. Season with **za'atar spice blend**, **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then the **chicken**. Sear until golden-brown, 2-3 min per side. Transfer the **chicken** to a baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 7-8 min.**



Finish and serve

Slice the **chicken**. Divide the **bulgur salad** between plates. Top with the **chicken**. Sprinkle **feta** over top, then drizzle with the **remaining dressing**. Squeeze a **lemon wedge** over if desired.

Dinner Solved!