



# Pan Fried Zahtar Chicken Breast

With Balsamic Bulgur Wheat and Coriander

N° 9

**FAMILY** Hands On Time: 20 Minutes • Total Time: 20 Minutes • Little Heat • 2 of your 5 a day



Red Onion



Yellow Pepper



Coriander



Garlic Clove



Chicken Stock Powder



Bulgur Wheat



Chicken Breasts



Zahtar Spice



Balsamic Vinegar

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Measuring Jug, Frying Pan and Baking Tray.

### Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Yellow Pepper**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Water for the Bulgur*	240ml	360ml	480ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Bulgur Wheat <b>13</b> )	120g	180g	240g
Chicken Breasts**	2	3	4
Zahtar Spice	1 small pot	1 large pot	1 large pot
Balsamic Vinegar <b>14</b> )	1 sachet	1 sachet	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	508g	100g
Energy (kJ/kcal)	2063 /493	407 /97
Fat (g)	6	1
Sat. Fat (g)	1	1
Carbohydrate (g)	58	11
Sugars (g)	11	2
Protein (g)	49	10
Salt (g)	1.08	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**13)** Gluten **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

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Packed in the UK



## 1. Prep Ahead

Preheat your oven to 200°C. Halve, peel and thinly slice the **red onion**. Halve the **yellow pepper** and discard the core and seeds. Chop into 1cm sized chunks. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



## 4. Cook the Chook

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium high heat. Once hot, add the **chicken breast**, season with **salt** and **pepper** and cook until browned, 4-5 mins on each side. Pop onto a baking tray, sprinkle over the **zahtar spice** and roast until cooked through, 12-15 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



## 2. Start the Bulgur

Heat a drizzle of **oil** in a medium saucepan on a medium high heat. When hot, add the **onion** and **pepper** and cook stirring frequently until tender, 5-6 mins. Add the **garlic** and cook for a further 1 minute.



## 5. Fluff the Bulgur

Once **bulgur** has steamed, carefully fluff it with a fork and stir through the **balsamic vinegar**. Taste and season with **salt** and **pepper**.



## 3. Bulgur Time

Once the **garlic** has cooked, pour the **water** (see ingredients for amount) and **chicken stock powder** into a saucepan and bring to the boil. Stir in the **bulgur**, bring back up to the boil and simmer for 1 minute. Pop a lid on the pan and remove from the heat. Leave to the side for 12-15 mins or until ready to serve.



## 6. Time to Serve

Transfer the **chicken breasts** to a chopping board and leave to rest for 2 mins. Slice the **chicken breasts** into 1cm slices. Share the **bulgur** between your plates. Top with the **chicken breasts** and sprinkle over the **coriander**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.