



SPICY TUNISIAN BULGUR BOWLS

with Zucchini, Carrots, Chermoula & Creamy Lemon Sauce

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 TBSP | 1 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



2 | 4
Veggie Stock
Concentrates



1 tsp | 2 tsp
Garlic Powder



¼ oz | ½ oz
Cilantro



1 | 1
Lemon



1 | 2
Zucchini



4 oz | 8 oz
Grape Tomatoes



½ oz | 1 oz
Pistachios
Contains: Tree Nuts



1 tsp | 1 tsp
Chili Flakes



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 TBSP | 1 TBSP
Tunisian Spice
Blend



1 oz | 2 oz
Dried Apricots



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If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 780



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 940



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 590



HELLO





CHERMOULA

This North African herb sauce is bright, aromatic, and earthy.

AWW, NUTS

Chopping nuts can be tricky! If you like, skip the knife in Step 3 and place your pistachios in a bowl instead. Using a pastry cutter or the back of a measuring cup, press down to crush them into small pieces.


BUST OUT


- Peeler
- 2 Small bowls
- Baking sheet
- Large pan
- Small pot
- Paper towels  
- Zester
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)  
- Olive oil (1½ TBSP | 3 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

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

 *Salmon is fully cooked when internal temperature reaches 145°.





1 ROAST CARROTS

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into sticks (like fries; ours were 3 inches long and ½ inch thick). Toss on a baking sheet with a **drizzle of oil**, **¼ tsp harissa powder** (½ tsp for 4 servings; we sent more), **salt**, and **pepper**. **TIP: For easy cleanup, line your baking sheet with foil or parchment paper.**
- Roast on top rack, tossing halfway through, until browned and tender, 15-20 minutes.



4 MAKE CHERMOULA & SAUCE

- In a small bowl, combine **cilantro**, **1½ TBSP olive oil** (3 TBSP for 4 servings), a **squeeze of lemon juice**, **chili flakes** to taste, and as much **remaining garlic powder** as you like. Season with **salt** and **pepper**.
- In a separate small bowl, combine **sour cream** and a **big pinch of lemon zest**. Add **water** 1 tsp at a time until sauce reaches a drizzling consistency. Season with **salt** and **pepper**.

-  Pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**.
-  Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken or salmon (**skin sides down**). Cook chicken until cooked through, 4-6 minutes per side, or salmon until skin is crisp and fish is almost cooked through, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Turn off heat; transfer to a plate. Wipe out pan.





2 COOK BULGUR

- Meanwhile, in a small pot, combine **bulgur**, **stock concentrates**, **half the garlic powder**, **1 cup water** (2 cups for 4 servings), a **big pinch of salt**, and **pepper**. Bring to a boil, then reduce heat to low. Simmer, covered, until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve.



5 COOK VEGGIES

- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add **zucchini**; cook, stirring, until lightly browned, 4-6 minutes (6-8 minutes for 4 servings).
- Add **tomatoes**, **half the Tunisian Spice Blend** (all for 4), and a **pinch of salt**; cook until tomatoes are slightly softened, 2-3 minutes. Season with **salt** and **pepper**. Turn off heat.

-  Use pan used for chicken or salmon here.
- 





3 PREP

- While bulgur cooks, finely chop **cilantro**. Zest and quarter **lemon**. Trim and quarter **zucchini** lengthwise; cut crosswise into ½-inch-thick pieces. Halve **tomatoes** crosswise. Roughly chop **pistachios**.



6 FINISH & SERVE

- Drain any excess water from **bulgur** if necessary; fluff with a fork. Stir in **apricots** and **1 TBSP butter** (2 TBSP for 4 servings). Season with **salt** and **pepper** to taste.
- Divide bulgur between bowls and top with **roasted carrots** and **veggies**. Top with **pistachios**. Drizzle with **chermoula** and **lemon sauce**. Sprinkle with any **remaining chili flakes** to taste. Serve with any **remaining lemon wedges** on the side.

-  Slice **chicken** crosswise; serve chicken or
-  **salmon** atop bowls.