



SPICY CHICKEN SANDOS WITH HERBY CREMA

plus a Harissa-Spiced Bulgur Salad

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



¼ oz | ½ oz
Parsley



1 | 2
Lemon



1 | 2
Mini Cucumber



1 | 2
Tomato



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 TBSP | 1 TBSP
Harissa Powder



10 oz | 20 oz
Chopped Chicken
Breast



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 | 4
Brioche Buns
Contains: Wheat



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

HARISSA POWDER

Our easy-to-sprinkle version of the fiery and
flavorful North African chili paste

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 660



THE BULGUR IS BEST

Fluffing the bulgur right before serving is an essential step! Using a fork helps each grain keep its texture, yielding lighter results.

BUST OUT

- Zester
- Small bowl
- Small pot
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Olive oil (2 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- **Wash and dry produce.**
- Trim and thinly slice **scallions**, separating whites from greens. Mince **parsley**. Zest and quarter **lemon**.



4 MAKE CREMA & TOAST BUNS

- Meanwhile, in a small bowl, combine **sour cream**, a **pinch of scallion greens**, and a **pinch of parsley**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **pepper**.
- Halve and toast **buns**.



2 COOK BULGUR

- In a small pot, combine **bulgur**, **scallion whites**, **1 cup water**, **½ tsp harissa powder**, and a **pinch of salt** (2 cups water and 1 tsp harissa powder for 4 servings.) (You'll use more harissa powder later.) Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to use in Step 5.



5 MAKE BULGUR SALAD

- Trim and finely dice **cucumber**.
- Cut **tomato** into rounds; reserve four rounds (eight rounds for 4 servings) for sandos and dice remaining rounds into ½-inch pieces.
- Drain any excess water from **bulgur**; fluff with a fork. Stir in **lemon zest**, a **large drizzle of olive oil**, and **juice from half the lemon**.
- Add cucumber, **diced tomato**, and **remaining scallion greens**; stir to combine. Taste and season with **salt** and **pepper**.



3 COOK CHICKEN

- While bulgur cooks, open package of **chicken*** and drain off any excess liquid. Season all over with **½ tsp harissa powder** (1 tsp for 4 servings), **salt**, and **pepper**. (Use more or less harissa powder depending on spice tolerance. Reserve any remaining for another use.)
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 4-6 minutes.
- Keep covered off heat until ready to assemble sandwiches.



6 ASSEMBLE & SERVE

- Spread **herby crema** on bottom halves of **buns**. Top with **chicken** and **tomato rounds**. Close **sandos**.
- Divide sandos and **bulgur salad** between plates. Garnish salad with **remaining parsley**. Serve with **remaining lemon wedges** on the side.

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