



CHICKEN TABBOULEH BOWLS

with Cilantro & Creamy Feta Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Mini Cucumber



1 | 2
Tomato



2 | 4
Scallions



¼ oz | ½ oz
Cilantro



1 | 2
Lemon



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 TBSP | 1 TBSP
Harissa Powder



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



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HelloCustom

2 PERSON | 4 PERSON

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



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 820



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



HELLO

BULGUR

This hearty whole grain is a nutritional powerhouse

SPICE UP YOUR LIFE

If you're as spice-obsessed as we are, you'll love harissa, a North African chili paste. Here, in its powdered form, it adds a rich, smoky heat.

BUST OUT

- Zester
- Small pot
- Small bowl
- Paper towels
- Medium pan
- Large bowl
- Whisk
- Kosher salt
- Black pepper
- Olive oil (10 tsp | 16 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.

HOW WAS YOUR MEAL?



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1 PREP

- Wash and dry produce.
- Zest and quarter **lemon**. Trim and finely dice **cucumber**. Finely dice **tomato**. Trim and thinly slice **scallions**. Finely chop **cilantro**.



4 COOK CHICKEN

- Pat **chicken*** dry with paper towels. Season all over with **½ tsp harissa powder (1 tsp for 4 servings)**, **salt**, and **pepper**. (Use more **harissa powder** if you like things spicy.)
- Heat a **large drizzle of olive oil** in a medium pan (use a large pan for 4) over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. **TIP: If chicken begins to brown too quickly, lower heat to medium.**
- Transfer to a cutting board to rest, 5 minutes.

- Pat **salmon*** dry with paper towels. Swap in salmon for chicken; cook (skin sides down) until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a plate.



2 COOK BULGUR

- In a small pot, combine **bulgur**, **1 cup water**, **½ tsp harissa powder (you'll use more later)**, and **½ tsp salt**. (For 4 servings, use 2 cups water, 1 tsp harissa powder, and 1 tsp salt.) 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 TABBOULEH

- Meanwhile, squeeze **juice from half a lemon** into a large bowl. Whisk in **lemon zest**, **2 TBSP olive oil**, and **¼ tsp salt**. (For 4 servings, use juice from 1 whole lemon, 4 TBSP olive oil, and ½ tsp salt.)
- If necessary, drain any excess water from cooked **bulgur**; stir bulgur into bowl with **dressing** along with **cucumber**, **tomato**, **scallions**, **half the cilantro**, and **remaining feta**. Taste and season with **salt** and **pepper**.



3 MAKE FETA SAUCE

- Meanwhile, in a small bowl, combine **sour cream**, **2 TBSP feta (4 TBSP for 4 servings)**, and a **large drizzle of olive oil**. (You'll use the remaining feta later.) Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



6 FINISH & SERVE

- Thinly slice **chicken** crosswise.
- Divide **tabbouleh** between bowls or plates. Top with **chicken**. Drizzle with **feta sauce** and sprinkle with **remaining cilantro**. Serve with **remaining lemon wedges** on the side.
- Serve **salmon** atop **tabbouleh (no need to slice!)**.

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

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