



# 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



¼ oz | ½ oz  
Cilantro



1 | 1  
Lemon



1 tsp | 1 tsp  
Chili Flakes



1 tsp | 2 tsp  
Garlic Powder



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1 | 2  
Zucchini



1 TBSP | 1 TBSP  
Tunisian Spice Blend



½ oz | 1 oz  
Pistachios  
Contains: Tree Nuts



1 oz | 2 oz  
Dried Apricots



2 | 4  
Veggie Stock Concentrates



4 oz | 8 oz  
Grape Tomatoes



½ Cup(s) | 1 Cup(s)  
Bulgur Wheat  
Contains: Wheat



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## HelloCustom

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: 790



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 950



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
- Baking sheet
- Small pot
- Zester
- 2 Small bowls
- Large pan
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil
- Butter
- Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, 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. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

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

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### 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 1/2 inch thick*). Toss on a baking sheet with a **drizzle of oil**, **1/2 tsp harissa powder** (*1/2 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**, **1 1/2 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 cutting board. Wipe out pan.

🍗 \*Poultry is fully cooked when internal temperature reaches 165\*.

🐟 \*Fish is fully cooked when internal temperature reaches 145\*.



### 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 1/2-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 (**skip slicing salmon!**); serve chicken or **salmon** atop bowls.