



## Chicken Gyro Salad

with Tzatziki Dressing, Heirloom Tomatoes, and Cucumber

Bulgur wheat is a nutritious Middle Eastern grain we can't get enough of. It's tender, slightly chewy, and adds a hearty consistency to this pita-less gyro dinner. Our chefs chose chicken thighs because of their deeper, richer flavor — not to mention irresistible crispness. But feel free to trim off some of the fat before cooking if you'd like!



**Prep:** 10 min  
**Total:** 30 min



level 1



nut  
free



Chicken  
Thighs



Bulgur



Heirloom Grape  
Tomatoes



Romaine  
Lettuce



Garlic



Smoked  
Paprika



Oregano



Lemon



Persian  
Cucumbers



Green  
Olives



Greek  
Yogurt



Shallot

## Ingredients

	2 People	4 People
Chicken Thighs	12 oz	24 oz
Bulgur	1) ½ Cup	1 Cup
Heirloom Grape Tomatoes	4 oz	8 oz
Romaine Lettuce	1	2
Garlic	2 Cloves	4 Cloves
Smoked Paprika	1 t	2 t
Oregano	¼ oz	¼ oz
Lemon	1	2
Persian Cucumbers	2	4
Green Olives	1 oz	2 oz
Greek Yogurt	2) 5.3 oz	5.3 oz
Shallot	1	2
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Small pot, Zester,  
Large bowl, Baking sheet,  
Box grater, Small bowl

**Nutrition per person** Calories: 520 cal | Fat: 15 g | Sat. Fat: 3 g | Protein: 50 g | Carbs: 57 g | Sugar: 13 g | Sodium: 348 mg | Fiber: 15 g

2



**1 Prep and cook the bulgur:** Wash and dry all produce. Preheat the broiler (or grill) to high or oven to 500 degrees. Bring **1 cup water** and a large pinch of **salt** to a boil in a small pot. Mince or grate the **garlic**. Zest and halve the **lemon**. Finely chop the **oregano leaves**. Add the **bulgur** to the boiling water, cover, and reduce to a low simmer for about 15 minutes, until tender. Remove from heat.

3



**2 Marinate the chicken:** Toss the **chicken** in a large bowl with the **paprika**, a drizzle of **olive oil**, **half the garlic**, **half the lemon zest**, and **half the oregano**. Season generously with **salt** and **pepper**.

**3 Broil the chicken:** Place the **chicken** on a lightly oiled baking sheet. Place under the broiler for 12-15 minutes, until slightly charred and cooked through. Let rest 3-4 minutes. **TIP:** The chicken can also be cooked on a grill!

4



**4 Make the tzatziki dressing:** Grate **1 cucumber** (about ¼ cup) with a box grater. In a small bowl, combine the grated **cucumber**, **yogurt**, a drizzle of **olive oil**, the remaining **oregano** and **lemon zest**, a squeeze of **lemon juice**, and a pinch of **garlic** (to taste). Season generously with **salt** and **pepper**. Thin to a pourable consistency with about **1 Tablespoon water**.

**5 Prep the remaining ingredients:** Thinly slice the **romaine** into ½-inch pieces. Halve the **grape tomatoes**. Halve, peel, and thinly slice the **shallot**. Thinly slice the remaining **cucumber** into rounds. Thinly slice the **olives**. Once rested, thinly slice the **chicken**.

5



**6 Finish:** Fluff the **bulgur** with a fork and season with **salt** and **pepper**. Plate the bulgur, then top with the **lettuce**, **tomatoes**, **cucumber**, **olives**, and **shallot**. Add the sliced **chicken**, drizzle on some **tzatziki dressing**, and enjoy!

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