



HARISSA CHICKEN BULGUR BOWLS

with Cilantro & Creamy Feta Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1
Super Select
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 Breast
Strips



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THERE TOO. SCAN HERE TO GET HELP!

HELLO

BULGUR

This hearty whole grain is a
nutritional powerhouse



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 680



MAIN SQUEEZE

Roll your lemon under your palm on countertop before quartering.

This hack softens the fruit, making it easier to get all of the juice when squeezed!

BUST OUT

- Zester
- Small pot
- Small bowl
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (3 TBSP | 5 TBSP)
- Large pan
- Large bowl
- Whisk

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1 PREP

- Wash and dry produce.
- Zest and quarter **lemon**. Trim and finely dice **half the cucumber (all for 4 servings)**. 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 **drizzle of olive oil** in a large pan over medium-high heat. Add chicken in a single layer; cook, stirring occasionally, until browned and cooked through, 4-6 minutes. **TIP: If chicken begins to brown too quickly, lower heat to medium.**



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 BULGUR SALAD

- Meanwhile, squeeze **juice from half the lemon** into a large bowl. Whisk in **lemon zest**, **2 TBSP olive oil**, and **¼ tsp salt**. (For 4 servings, use 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 SERVE

- Divide **bulgur salad** between bowls or plates. Top with **chicken**. Drizzle with **feta sauce** and sprinkle with **remaining cilantro**. Serve with **remaining lemon wedges** on the side.

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