

INGREDIENTS

2 PERSON | 4 PERSON



Super Select Cucumber



¼ oz | ½ oz



Tomato

1 | 2 Lemon



1 TBSP | 1 TBSP 1½ TBSP 3 TBSP Harissa Powder



Sour Cream Contains: Milk



½ Cup | 1 Cup Feta Cheese Contains: Milk

Scallions

1/2 Cup | 1 Cup

Bulgur Wheat Contains: Wheat



10 oz | 20 oz Chicken Breast Strips



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

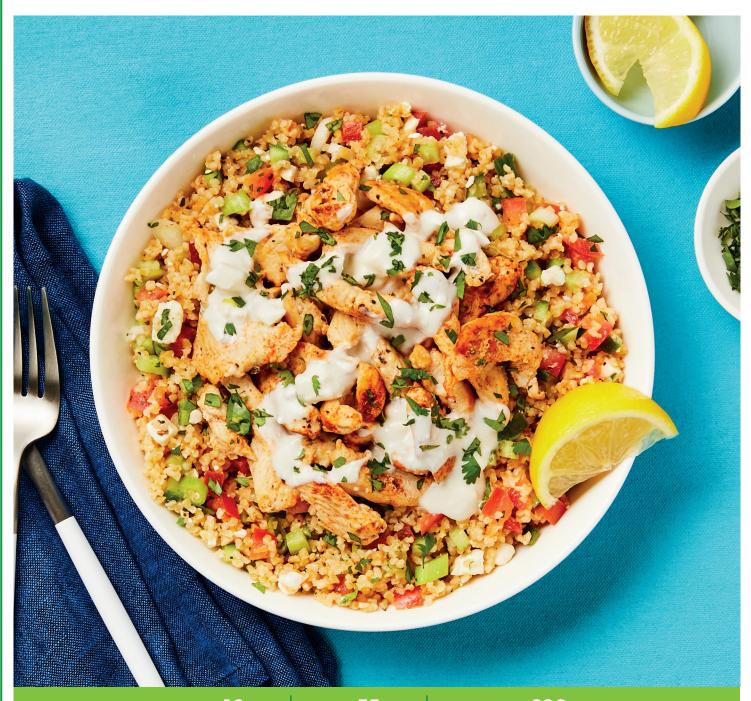
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BULGUR

This hearty whole grain is a nutritional powerhouse

HARISSA CHICKEN BULGUR BOWLS

with Cilantro & Creamy Feta Sauce



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

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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.



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.



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.



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.



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.



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.