

INGREDIENTS

2 PERSON | 4 PERSON



Mini Cucumber



Tomato



Scallions



¼ oz | ½ oz



Lemon

½ Cup | 1 Cup Bulgur Wheat Contains: Wheat



1 TBSP | 1 TBSP Harissa Powder



11/2 TBSP | 3 TBSP Sour Cream



1/2 Cup | 1 Cup Feta Cheese Contains: Milk



10 oz | 20 oz Chicken Breast Strips





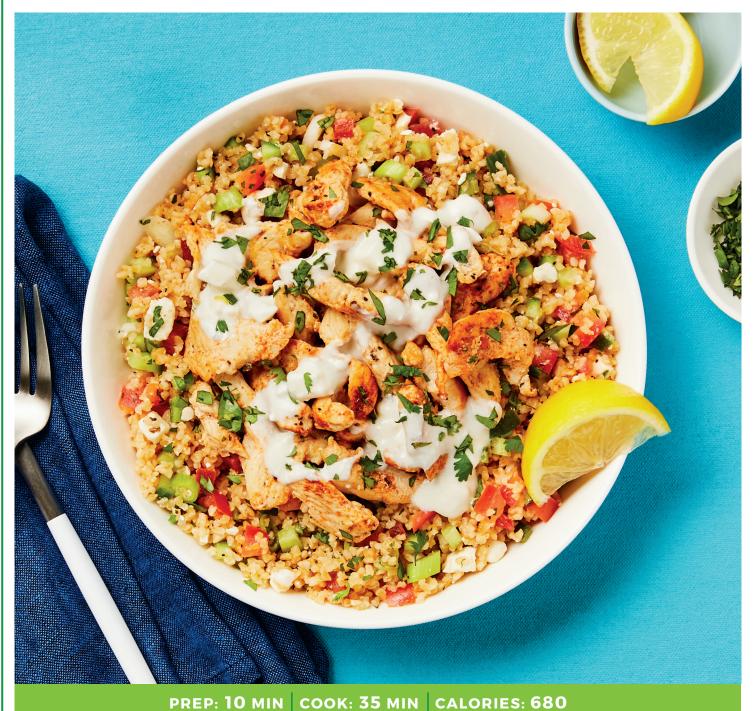
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BULGUR

This hearty whole grain is a nutritional powerhouse.

HARISSA-SPICED CHICKEN & BULGUR BOWLS

with Cilantro & Creamy Feta Sauce





SPICE UP YOUR LIFE

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

BUST OUT

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

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



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.



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 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.



Divide bulgur salad between bowls or plates. Top with chicken. Drizzle with feta sauce and sprinkle with

with **feta sauce** and sprinkle with **remaining cilantro**. Serve with **remaining lemon wedges** on the side.