



# HARISSA-SPICED CHICKEN & BULGUR BOWLS

with Cilantro & Creamy Feta Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Mini 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



## 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
- 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 **cucumber**. Finely dice **tomato**. Trim and thinly slice **scallions**. Finely chop **cilantro**.



### 4 COOK CHICKEN

- Pat **chicken\*** dry with paper towels. Season all over with  $\frac{1}{2}$  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**,  $\frac{1}{2}$  tsp **harissa powder** (you'll use more later), and  $\frac{1}{2}$  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 a lemon** into a large bowl. Whisk in **lemon zest**, **2 TBSP olive oil**, and  $\frac{1}{4}$  tsp **salt**. (For 4 servings, use juice from 1 whole lemon, 4 TBSP olive oil, and  $\frac{1}{2}$  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°.