



Seed-Crusted Chicken

with Bulgur Salad

Discovery

30 Minutes



Chicken Tenders



Bulgur Wheat



Seed Blend



Mayonnaise



Mini Cucumber



White Wine Vinegar



Panko Breadcrumbs



Feta Cheese,
crumbled



Spring Mix



Roma Tomato

HELLO BULGUR

A staple in Middle Eastern cuisine, bulgur has a deliciously light and nutty flavour!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, shallow dish, medium pot, parchment paper, small bowl, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Bulgur Wheat	½ cup	1 cup
Seed Blend	56 g	112 g
Mayonnaise	2 tbsp	4 tbsp
Mini Cucumber	66 g	132 g
White Wine Vinegar	1 tbsp	2 tbsp
Panko Breadcrumbs	½ cup	1 cup
Feta Cheese, crumbled	¼ cup	½ cup
Spring Mix	56 g	113 g
Roma Tomato	80 g	160 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



Prep

- Add **½ cup water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Roughly chop **seed blend**.



Cook bulgur

- Add **bulgur** to the **boiling water**. Stir to combine, then remove the pot from heat.
- Cover and let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.



Coat chicken

- Meanwhile, combine **chopped seeds**, **panko**, **¼ tsp salt** and **¼ tsp pepper** (dbl both for 4 ppl) in a shallow dish.
- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Coat **chicken** all over with **mayo**.
- Working with **one tender** at a time, press both sides into **seed mixture** to coat completely.



Bake chicken

- Transfer **chicken** to a parchment-lined baking sheet, then drizzle **1 tbsp oil** (dbl for 4 ppl) over top.
- Bake in the **middle** of the oven, flipping halfway through, until cooked through, 12-14 min.**

Prep veggies and make dressing

- Meanwhile, cut **cucumber** into **¼-inch rounds**.
- Cut **tomato** into **¼-inch pieces**.
- Whisk together **vinegar**, **½ tsp sugar**, **2 tbsp oil** and **¼ tsp salt** (dbl all for 4 ppl) in a small bowl.



Finish and serve

- When **bulgur** is done, fluff with a fork, then add **cucumbers**, **tomatoes**, **spring mix** and **half the dressing**. Season with **salt** and **pepper**, then stir to combine.
- Divide **bulgur salad** between plates. Top with **chicken**.
- Drizzle **remaining dressing** over top.
- Sprinkle with **feta**.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

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Dinner Solved!