ZA'ATAR-SPICED CHICKEN

with Bulgur-Stuffed Roasted Tomatoes & Lemon Garlic Yogurt Sauce

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 610

INGREDIENTS

2 PERSON | 4 PERSON

- **10 oz | 20 oz** Chicken Cutlets**
- **1 | 2** Red Onion
- **2 Cloves | 4 Cloves** Garlic
- **1 | 1** Lemon
- **3 | 6** Roma Tomatoes
- **¼ oz | ¼ oz** Parsley
- **4 TBSP | 8 TBSP** Yogurt — Contains: Milk
- **2 TBSP | 4 TBSP** Sour Cream — Contains: Milk
- **2 | 4** Chicken Stock Concentrates
- **½ Cup | 1 Cup** Bulgur Wheat — Contains: Wheat
- **1 TBSP | 2 TBSP** Za'atar Spice

** In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

BULGUR

This hearty whole grain turns ultra-fluffy when cooked, plus it's a nutritional powerhouse with a variety of vitamins and minerals such as iron and calcium.

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HELLO FRESH

SIMPLY THE ZEST

We like using a microplane or dedicated zester for zesting citrus. If you don't have one, use a peeler or paring knife to remove just the yellow surface layer from the lemon, then mince it.

BUST OUT

- Zester
- Paper towels
- Small pot
- Small bowl
- Cooking oil (**1 TBSP** | **1 TBSP**)
- Butter (**1 TBSP** | **2 TBSP**)
  Contains: Milk
- Baking sheet
- Large pan
- Kosher salt
- Black pepper

1 PREP

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Halve, peel, and dice **onion** into ¾-inch-thick pieces; mince a few pieces until you have 2 TBSP **(4 TBSP for 4 servings)**. Peel and mince or grate **garlic** (reserve a pinch for step 3). Zest and quarter **lemon**. Halve **tomatoes** lengthwise; scoop out and discard seeds with a spoon. Pat insides dry with paper towels. Finely chop **parsley**.

2 COOK BULGUR

- Heat a **drizzle of oil** in a small pot over medium-high heat. Add **minced onion**, **remaining garlic**, and a **pinch of salt**; cook, stirring, until fragrant, 30 seconds.
- Add **bulgur**; cook, stirring, until toasted, 1-2 minutes.
- Stir in **stock concentrates**, **1 cup water (2 cups for 4 servings)**, and **½ tsp salt (1 tsp for 4)**. Cover, bring to a boil, then reduce to a low simmer. Cook, until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve.

3 MAKE SAUCE

- In a small bowl, combine **sour cream**, **yogurt**, **reserved garlic**, a **squeeze of lemon juice**, and a **big pinch of lemon zest**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.

4 ROAST VEGGIES

- Toss **diced onion** on one side of a baking sheet with a **drizzle of oil**, **half the Za'atar Spice**, a **big pinch of salt**, and **pepper**. Place **tomatoes**, cut sides up, on empty side of sheet; season with **salt** and **pepper**.
- Roast on top rack until onion is tender and tomatoes are softened slightly but still retain their shape, 6-8 minutes.
  TIP: If water pools in tomato halves after roasting, carefully blot dry with paper towels.

5 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season all over with **remaining Za'atar Spice**, **salt**, and **pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side.
- Transfer to a cutting board to rest.

6 FINISH FILLING

- Fluff **bulgur** with a fork. Stir in **roasted onion**, **half the parsley**, **remaining lemon zest**, a **big squeeze of lemon juice**, and **1 TBSP butter (2 TBSP for 4 servings)**. Season with **salt** and **pepper** if desired.

7 FINISH & SERVE

- Slice **chicken** crosswise.
- Stuff **tomatoes** with as much **bulgur filling** as will fit. Divide remaining filling between one side of each plate and top with **stuffed tomatoes**. Fan **chicken** next to tomatoes. Drizzle everything with **sauce**. Garnish with **remaining parsley** and serve with any **remaining lemon wedges** on the side.

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

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