



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON

½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat

1/2
Chicken Stock
Concentrate

1 TBSP | 1 TBSP
Harissa Powder

1/2
Persian Cucumber

1/2
Roma Tomato

¼ oz | ¼ oz
Dill

10 oz | 20 oz
Chicken Breast
Strips

1 TBSP | 2 TBSP
Tunisian Spice
Blend

½ Cup | 1 Cup
Feta Cheese
Contains: Milk

1.5 oz | 3 oz
Greek Vinaigrette
Dressing
Contains: Eggs, Milk

HELLO

BULGUR

An ancient grain with
satisfyingly chewy texture and
earthy, nutty flavor

SPICY HARISSA CHICKEN BOWLS

over Tabbouleh with Feta & Greek Vinaigrette



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 640



HELLO FRESH

SPICE UP YOUR LIFE

If you're as spice-obsessed as we are, you'll love harissa, a North African chili paste. Here, we use harissa powder to infuse bulgur and chicken with rich, smoky heat. Bonus: You'll have a bit left over when you're done cooking. Save it to add oomph to popcorn, eggs, or hummus!

BUST OUT

- Small pot
- Paper towels
- Large pan
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (½ TBSP | 1 TBSP)
Contains: Milk

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



1 COOK BULGUR

- In a small pot, combine **bulgur, stock concentrate, 1 cup water, ½ tsp harissa powder** (you'll use more later), and **salt** (we used ½ tsp). (For 4 servings, use 2 cups water and 1 tsp harissa powder; we used 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 4.



3 COOK CHICKEN

- Pat **chicken*** dry with paper towels; season with **Tunisian Spice, 1 tsp harissa powder** (be sure to measure), and a **big pinch of salt and pepper**. (Use remaining harissa powder for 4 servings.)
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



2 PREP

- While bulgur cooks, **wash and dry produce**.
- Trim and finely dice **cucumber**. Finely dice **tomato**. Pick and mince **fronds from dill**.



4 FINISH & SERVE

- Drain any excess liquid from **bulgur** if necessary. Stir in **½ TBSP butter** (1 TBSP for 4 servings). Transfer to a large bowl along with **cucumber, tomato, half the feta**, and **minced dill** to taste (start with half and add more from there if desired). Toss with **half the Greek vinaigrette**. Taste and season with **salt** and **pepper**.
- Divide **tabbouleh** between bowls and top with **harissa chicken**. Top with remaining Greek vinaigrette and remaining feta. Serve.