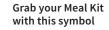


Chicken Gyros-Style Bulgur Bowl with Cucumber Salsa, Tzatziki & Olives

MEDITERRANEAN









Bulgur Wheat

Stock Powder





Cucumber

Tomato





Baby Spinach

Kalamata Olives



Lemon Pepper

Chicken Breast

Seasoning





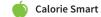
Tzatziki

Flaked Almonds



Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me First



To amp things up a notch, we've swapped your standard rice for bulgur wheat; a light and nutty grain hailing from the Mediterranean. You've also got yourself some lemon pepper-spiced chicken, cucumber salsa, tzatziki and olives, which are major flavour powerhouses that give you a light, bright and tasty dish!

Pantry items Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid \cdot Large frying pan

Ingredients

in ign concince			
2 People	4 People		
refer to method	refer to method		
1 packet	2 packets		
1¼ cups	2½ cups		
1 medium sachet	1 large sachet		
1	2		
1	2		
1 small bag	1 medium bag		
1 packet	2 packets		
drizzle	drizzle		
1 small packet	1 large packet		
1 medium packet	2 medium packets		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
1 packet (200g)	2 packets (400g)		
	refer to method 1 packet 1¼ cups 1 medium sachet 1 1 1 small bag 1 packet drizzle 1 small packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2252kJ (538Cal)	545kJ (130Cal)
Protein (g)	42.4g	10.3g
Fat, total (g)	21.1g	5.1g
- saturated (g)	3.7g	0.9g
Carbohydrate (g)	43.3g	10.5g
- sugars (g)	7g	1.7g
Sodium (mg)	1300mg	315mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1841kJ (440Cal)	529kJ (126Cal)
Protein (g)	22.8g	6.5g
Fat, total (g)	16.3g	4.7g
- saturated (g)	2.2g	0.6g
Carbohydrate (g)	43.3g	12.4g
- sugars (g)	7g	2g
Sodium (mg)	1863mg	535mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Make the bulgur

- Place a medium saucepan over medium-high heat. Add bulgur wheat, the water and chicken-style stock powder. Stir and bring to the boil.
- · Cover with a lid and reduce heat to low.
- Cook for 10 minutes, then remove pan from the heat and keep covered until bulgur wheat is tender and the water is absorbed,

10-12 minutes.

TIP: The bulgur wheat will finish cooking in its own steam, so don't peek!



Make the salsa

- Meanwhile, thinly slice cucumber into half-moons. Roughly chop tomato, baby spinach leaves and kalamata olives.
- In a medium bowl, combine cucumber, tomato and a drizzle of the white wine vinegar and olive oil. Season.



Prep the chicken

- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.
- In a second medium bowl, combine chicken, lemon pepper seasoning, a drizzle of olive oil and a pinch of salt and pepper.

Custom Recipe: If you've upgraded to prawns, in a medium bowl combine peeled prawns, lemon pepper seasoning and a drizzle of olive oil as above.



Cook the chicken

- When bulgur has 10 minutes remaining, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook chicken steaks until cooked through,
 3-6 minutes each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked when it is no longer pink inside.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.



Bring it all together

 To saucepan with bulgur, stir through baby spinach leaves, olives and a drizzle of olive oil. Season to taste.



Serve up

- · Slice chicken.
- Divide bulgur between bowls. Top with lemon pepper chicken, cucumber salsa and tzatziki.
 Season with pepper.
- Sprinkle over **flaked almonds** to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate