



Chicken Gyros-Style Bulgur Bowl

with Cucumber Salsa, Tzatziki & Olives

MEDITERRANEAN



Grab your Meal Kit with this symbol



Bulgur Wheat



Chicken-Style Stock Powder



Cucumber



Tomato



Baby Spinach Leaves



Kalamata Olives



Chicken Breast



Lemon Pepper Seasoning



Tzatziki



Flaked Almonds



Prawns

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

Calorie Smart

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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
bulgur wheat	1 packet	2 packets
water*	1¼ cups	2½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
cucumber	1	2
tomato	1	2
baby spinach leaves	1 small bag	1 medium bag
kalamata olives	1 packet	2 packets
white wine vinegar*	drizzle	drizzle
chicken breast	1 small packet	1 large packet
lemon pepper seasoning	1 medium packet	2 medium packets
tzatziki	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
prawns**	1 packet (200g)	2 packets (400g)

*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



1 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!



4 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.



2 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.



5 Bring it all together

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



3 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.



6 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!

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