



Chicken and Bulgur Salad

with bell peppers and Greek style cheese

Quick Cook 20-25 mins

18



Diced Chicken Breast



Vegetable Stock



Bulgur Wheat



Bell Pepper



Middle Eastern Style Spice Mix



Aioli



Paprika



Honey



Salad Leaves



Greek Style Cheese

Pantry Items: Water, Salt, Oil, Pepper, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Vegetable Stock	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g
Bell Pepper	1 unit	2 units
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Aioli	2 sachets	4 sachets
Paprika	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Salad Leaves	120 g	240 g
Greek Style Cheese	100 g	200 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	449 g	100 g
Energy (kJ/kcal)	3564.8 kJ/ 852 kcal	793.9 kJ/ 189.8 kcal
Fat (g)	48.9 g	10.9 g
Sat. Fat (g)	12.7 g	2.8 g
Carbohydrate (g)	60.7 g	13.5 g
Sugars (g)	11.8 g	2.6 g
Protein (g)	46.8 g	10.4 g
Salt (g)	4.2 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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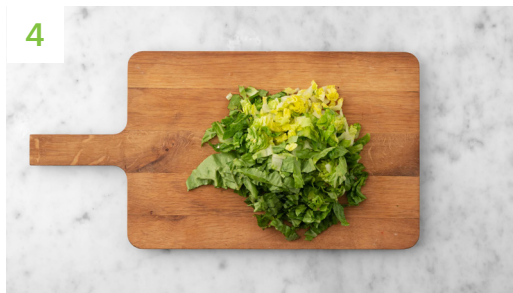
You can recycle me!



Make the Bulgur

- Pour 240ml **water** (double for 4p) into a large pot, stir in the **stock powder** and bring to the boil.
- Stir in the **bulgur**, bring back up to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins or until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Make the Dressing

- Meanwhile, trim the **baby gem**, halve lengthways and thinly slice widthways.
- In a large bowl, combine the **aioli**, **paprika**, **honey** and ½ tsp **sugar** (double for 4p).
- Season to taste with **salt** and **pepper**.
- Reserve 1 tbsp of dressing per person for drizzling over the salad before serving.



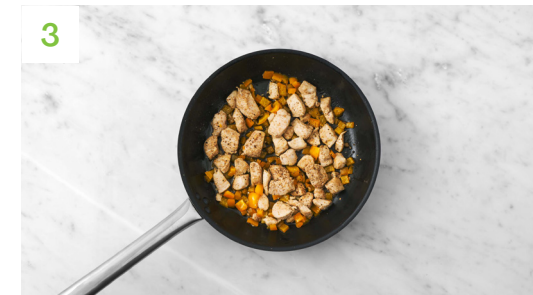
Prep the Pepper

- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.



Assemble the Salad

- When everything is ready, add the **chicken**, **pepper**, **salad leaves** and **bulgur** to the bowl with the dressing.
- Carefully toss until everything is well combined and coated in the dressing.
- Season to taste with **salt** and **pepper**.



Time to Fry

- Place a pan over medium-high heat with a drizzle of **oil**.
- Add the **chicken** and **pepper**. Season with **salt** and **pepper**.
- Fry until **chicken** is cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.
- Add **Middle Eastern spice**. Cook for 1 min.

TIP: *Notice a stronger smell from your chicken? Don't worry, this is due to packaging used to keep it fresh.*



Finish and Serve

- Share the **chicken** and **bulgur** salad between bowls.
- Drizzle with the reserved dressing.
- Finish with a crumble of **Greek style cheese**.

Enjoy!