



Chicken and Bulgur Salad

with bell peppers and Greek style cheese

Calorie Smart 20 – 25 mins

20



Diced Chicken Breast



Bulgur Wheat



Bell Pepper



Middle Eastern Style Spice Mix



Paprika



Honey



Greek Style Cheese



Yoghurt



Baby Spinach



Stock

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



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
Bulgur Wheat	120 g	240 g
Bell Pepper	1 unit	2 units
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Paprika	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Greek Style Cheese	100 g	200 g
Yoghurt	75 g	150 g
Baby Spinach	120 g	240 g
Stock	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	440.5 g	100 g
Energy (kJ/kcal)	2514.6 kJ/ 601 kcal	570.8 kJ/ 136.4 kcal
Fat (g)	19.3 g	4.4 g
Sat. Fat (g)	11.4 g	2.6 g
Carbohydrate (g)	62.8 g	14.3 g
Sugars (g)	13.3 g	3 g
Protein (g)	49.7 g	11.3 g
Salt (g)	2.8 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

Share your creations with
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



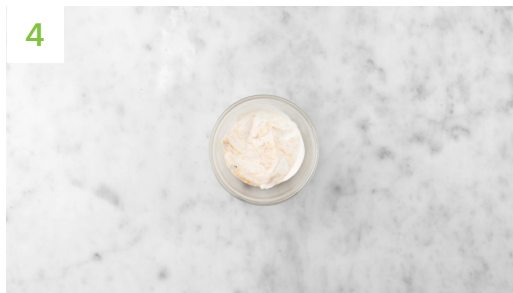
You can recycle me!



Make the Bulgur

- Pour 240ml **water** (double for 4p) into a large pot, stir in the **stock** 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.
- Remove lid and allow to cool before adding to the salad.

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



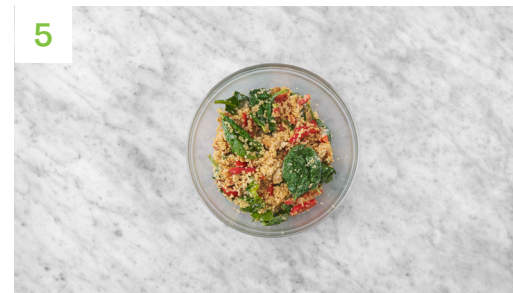
Make the Dressing

- Meanwhile, in a large bowl, combine the **yoghurt**, **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.



Assemble the Salad

- When everything is ready, add the **chicken**, **pepper**, **spinach** and cooled **bulgur** to the bowl with the dressing.
- Carefully toss until everything is evenly distributed 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 crumbling of **Greek style cheese**.

Enjoy!