MARLEY SPOON

Chicken Kefta Salad

with Yogurt & Cumin Vinaigrette

20-30min 2 Servings

Something about the combination of spiced chicken and creamy yogurt makes us swoon. You too? Well, we designed this recipe with you in mind. Forty percent of the ingredients in this recipe do double duty: half of the onions, herbs, and cumin go into the chicken mixture, and half go into the salad or vinaigrette.

What we send

- 4 oz quick-cooking bulgur [1]
- 1 red onion
- ¼ oz cumin seeds
- garlic
- 10 oz pkg ground chicken
- ½ oz fresh cilantro
- 1 romaine heart
- 4 oz Greek yogurt [7]
- 1 oz salted pistachios [15]

What you need

- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)
- olive oil

Tools

- large skillet
- box grater

Cooking tip

When it comes to fresh & quality produce, it doesn't get any better than Gotham Greens–their lettuce with roots is proof! Simply trim off the roots before cooking!

Allergens

Wheat (1), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 34g, Carbs 61g, Protein 50g

1. Prep bulgur & onions

Bring **2 cups water** to a boil. Add **bulgur** and **½ teaspoon salt**. Cover and set aside until tender, 15 minutes. Drain excess water.

Halve **onion** and thinly slice one half; reserve remaining half for step 3. Add sliced onions to a large bowl with **2 tablespoons vinegar** and **¼ teaspoon salt**; let marinate, stirring occasionally.

2. Toast cumin seeds

Place **cumin** in a large skillet. Cook over medium heat, swirling occasionally, until fragrant and slightly darkened, 1 minute. Transfer to a cutting board and roughly chop. Reserve skillet.

Add **half of the chopped cumin** to bowl with **sliced onions**.

3. Season chicken

Coarsely grate **remaining onion half** on the large holes of a box grater into a large bowl. Finely grate **2 teaspoons garlic** into same bowl. Stir in **chicken, remaining chopped cumin**, and **½ teaspoon salt**.

Pick **cilantro leaves** from **stems**; finely chop stems and half of the leaves, then stir into chicken mixture. Reserve remaining leaves for step 5.

4. Cook kefta

Shape **chicken mixture** into 6 (3-inch) oval patties.

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add kefta and cook, turning occasionally, until browned on all sides and cooked through, 6–8 minutes. Transfer to a plate.

5. Finish vinaigrette

Tear **lettuce** into bite-size pieces.

Stir **3 tablespoons oil** into bowl with **sliced onions**; season with **salt** and **pepper**. Add **lettuce** and **remaining cilantro leaves**; toss to combine.

6. Finish & serve

Season **yogurt** with **salt** and **pepper**. Roughly chop **pistachios**. Break **kefta** into pieces.

Divide **yogurt** between plates, spreading to cover most of the bottom, and top with **bulgur**, **salad**, **kefta**, and **pistachios**. Enjoy!