



## Chicken & Falafel Platter

with Herbed Bulgur & Shepherd Salad



30-40min



2 Servings

You don't have to order from your favorite Middle Eastern spot to get the falafel platter of your dreams. We make it easy to replicate this plate at home, thanks to our ready-to-cook pre-made falafel. But the deliciousness doesn't stop there! We serve these crisp chickpea fritters with hearty chicken breast strips, herby bulgur wheat salad, crunchy marinated veggies, and creamy tahini sauce.



## What we send

- 4 oz quick-cooking bulgur <sup>1</sup>
- 2 scallions
- ¼ oz fresh parsley
- 2 plum tomatoes
- 1 cucumber
- ¼ oz sumac
- 1 lemon
- 2 (1 oz) tahini <sup>11</sup>
- 10 oz pkg chicken breast strips
- ½ lb pkg falafel

## What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- garlic

## Tools

- small saucepan
- medium nonstick skillet

## Allergens

Wheat (1), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 780kcal, Fat 43g, Carbs 84g, Protein 23g



### 1. Cook bulgur

Finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **bulgur** and **½ teaspoon of the garlic**. Cook, stirring, until bulgur is lightly toasted, 1-2 minutes. Add **1½ cups water** and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender, about 12 minutes. Drain, if necessary, and return to saucepan.



### 2. Add aromatics

Meanwhile, trim **scallions**, then thinly slice. Coarsely chop **parsley leaves and stems**. To **cooked bulgur**, stir in sliced scallions and parsley. Drizzle with **a little oil** and season with **a pinch each of salt and pepper**.



### 3. Assemble shepherd salad

Core **tomatoes**, then quarter lengthwise and chop. Peel **cucumber**, then halve and scoop out seeds; cut each piece in half lengthwise, then slice into ¼-inch thick pieces. In a medium bowl, combine tomatoes, cucumbers, **2 tablespoons oil**, **1 teaspoon vinegar**, and **½ teaspoon sumac**; stir to combine. Season to taste with **salt** and **pepper**.



### 4. Make sauce, prep protein

Squeeze **1 tablespoon lemon juice** into a small bowl. Add **all of the tahini** and **remaining garlic**. Whisk in **1 tablespoon water** at a time until sauce is smooth; season with **salt** and **pepper**. Cut any remaining lemon into wedges.

Pat **chicken** dry, then season all over with **salt** and **pepper**. Shape **falafel** into 8 (1-inch diameter) balls, if necessary.



### 5. Cook chicken & falafel

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Flip and cook until cooked through, about 2 minutes more.

Heat **3 more tablespoons oil** in same skillet over medium-high. Add **falafel** and cook, turning occasionally, until browned all over, 5-7 minutes.



### 6. Serve

Transfer **falafel** to a paper towel-lined plate and sprinkle with **a pinch of salt**.

Serve **chicken** and **falafel** with **bulgur** and **shepherd salad**. Drizzle with **some of the tahini sauce** and sprinkle with **a pinch of the remaining sumac**. Serve **lemon wedges** and **remaining tahini sauce** on the side. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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