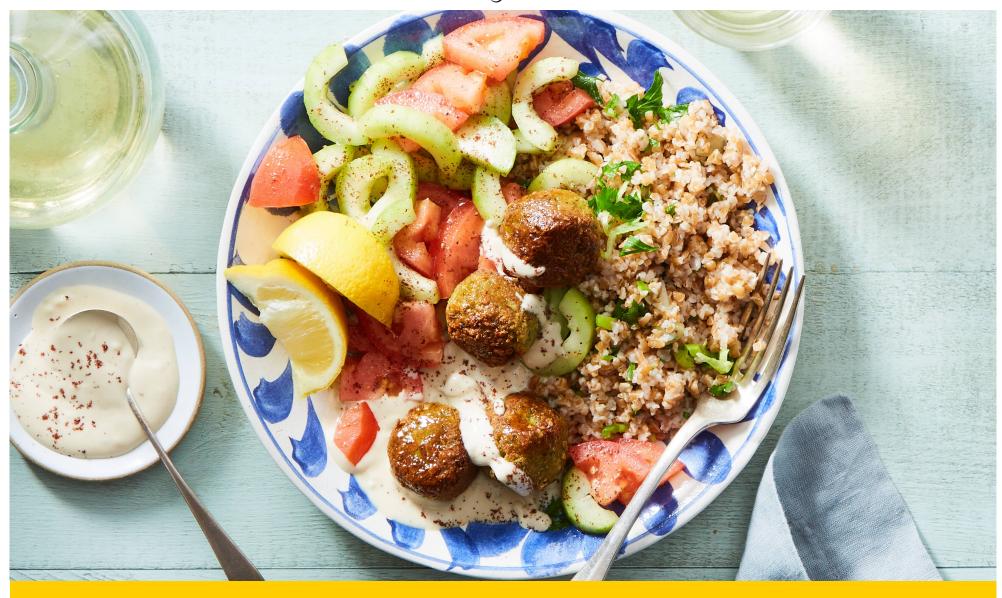
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Chicken & Falafel Platter

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 1
- 2 scallions
- ¼ oz fresh parsley
- 2 plum tomatoes
- 1 cucumber
- · ¼ oz sumac
- 1 lemon
- 2 (1 oz) tahini 11
- 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!