

DINNERLY



Herbed Chicken with Lemony Tabbouleh



ca. 20min



2 Servings

Za'atar, a blend of savory herbs, spices, and sesame seeds, instantly bumps up the flavor factor of anything it touches. In this recipe, it takes pan-seared chicken from drab to fab. And we bet you'll be recreating this wholesome side of lemony tabbouleh for many meals to come. We've got you covered!

WHAT WE SEND

- 4 oz quick-cooking bulgur¹
- 1 lemon
- 1 plum tomato
- 1 cucumber
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz za'atar spice blend¹¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour¹
- garlic

TOOLS

- small saucepan
- grater or microplane
- medium 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 700kcal, Fat 39g, Carbs 51g, Protein 42g



1. Cook bulgur

Finely chop 2 **teaspoons garlic**.

Heat 1 **tablespoon oil** in a small saucepan over medium. Add **half of the garlic**; cook, stirring, until fragrant, 1 minute. Add **bulgur**; cook until toasted, 2 minutes. Add **¾ cup water** and **½ teaspoon salt**; bring to a boil over high heat. Cover and simmer over low heat until tender and water is absorbed, 12-17 minutes. Keep covered until step 5.



2. Prep veggies & chicken

Meanwhile, in a large bowl, finely grate ½ **teaspoon lemon zest** and squeeze **1½ tablespoons lemon juice**. Cut any remaining lemon into wedges for serving.

Cut **tomato** and **cucumber** into ¼-inch pieces.

Rinse **chicken**, but do not pat dry; pound to an even ½-inch thickness, if desired.



3. Make dressing

To bowl with **lemon zest and juice**, stir in **remaining chopped garlic**. Whisk in **⅓ cup oil**, then season to taste with **salt and pepper**. Transfer 1 **tablespoon of the dressing** to a small bowl and reserve for serving.



4. Season & cook chicken

In a second small bowl, stir to combine **za'atar**, 1 **tablespoon flour**, and ¼ **teaspoon each of salt and pepper**. Season **chicken** all over with za'atar mixture, pressing gently to help adhere.

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Cook chicken until golden-brown and cooked through, 3–4 minutes per side. Transfer to a plate.



5. Finish & serve

Into large bowl with **dressing**, stir in **bulgur**, **tomatoes**, and **cucumbers** until combined; season to taste with **salt and pepper**.

Serve **herbed chicken** with **tabbouleh** alongside and **reserved dressing** drizzled over top. Serve with **lemon wedges** for squeezing over top. Enjoy!



6. Raid the condiment rack!

Try stirring a tablespoon of nutty tahini or a dash of spicy hot sauce into the dressing in step 3!