



Berbere Chicken Cutlet

with Bulgur-Mint Salad, Zucchini & Feta



under 20min



2 Servings

We add some pizzazz to these quick-cooking chicken cutlets with a sprinkle of berbere—an Ethiopian spice blend that includes chile, garlic, fenugreek, and warm spices like allspice and cinnamon. The lively spice blend pairs perfectly with garlicky sautéed zucchini and a bulgur wheat salad tossed with fresh mint, lemon, and feta cheese.

What we send

- 4 oz quick-cooking bulgur ¹
- 1 zucchini
- garlic
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz berbere spice blend
- ¼ oz fresh mint
- 4 oz Greek yogurt ⁷
- 2 oz feta ⁷

What you need

- kosher salt & pepper
- olive oil

Tools

- small saucepan
- fine-mesh sieve
- microplane or grater
- meat mallet (or heavy skillet)
- medium skillet

Allergens

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

Nutrition per serving

Calories 650kcal, Fat 34g, Carbs 39g, Protein 55g



1. Cook bulgur

In a small saucepan, combine **½ cup bulgur** (save rest for own use), **1¼ cups water**, and **¼ teaspoon salt**. Bring to a boil over high heat, then reduce to a simmer; cover and cook until bulgur is tender, 10-12 minutes.

Drain in a fine-mesh sieve, then let sit in sieve to cool, fluffing occasionally with a fork, until step 5.



4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Working in batches if necessary, add **chicken** and cook until browned and cooked through, about 2 minutes per side. Transfer to a plate and cover to keep warm.



2. Prep ingredients

Meanwhile trim ends from **zucchini**; halve lengthwise, thinly slice crosswise into half-moons. Finely chop **1 teaspoon garlic**. Finely grate **¼ teaspoon lemon zest**; separately squeeze **2 teaspoons lemon juice** into a measuring cup. Cut remaining lemon into wedges.

Pat **chicken** dry; pound to ½-inch thickness, then season all over with **salt, pepper**, and **1 teaspoon berbere spice**.



5. Finish bulgur salad

Pick and thinly slice **mint leaves**; discard stems.

Crumble **feta** into a medium bowl, then add **mint, bulgur, lemon zest, remaining lemon juice**, and **2 teaspoons oil**; stir to combine. Season to taste with **salt** and **pepper**.



3. Sauté & dress zucchini

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **zucchini** and **a pinch each of salt and pepper**; cook until zucchini is tender and browned in spots, 3-4 minutes. Stir in **½ teaspoon of the garlic**; cook until fragrant, about 30 seconds.

Transfer to a bowl, then stir in **1 teaspoon of the lemon juice** and **1 teaspoon oil**; cover to keep warm. Wipe out skillet.



6. Season yogurt & serve

In a small bowl, stir to combine **yogurt, remaining chopped garlic**, and **1 teaspoon oil**. Season to taste with **salt** and **pepper**. Spoon **yogurt** onto plates, then top with **zucchini and any dressing**.

Serve **chicken** and **bulgur-mint salad** with **any lemon wedges** on the side for squeezing over. Enjoy!