



## Seared Chicken Breast & 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 combo 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 herby bulgur wheat salad, crunchy marinated veggies, and creamy tahini sauce.



## What we send

- garlic
- 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>2</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ½ lb pkg falafel

## What you need

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

## Tools

- small saucepan
- medium nonstick skillet

### Allergens

Wheat (1), Sesame (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 950kcal, Fat 45g, Carbs 83g, Protein 62g



### 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. Assemble shepherd salad

Trim **scallions**, then thinly slice. Coarsely chop **parsley leaves and stems**. Cut **tomatoes** into ½-inch pieces. Peel **cucumber**; halve and scoop out seeds, halve lengthwise, then cut 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**.



### 3. Make tahini sauce

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 and is the thickness of honey. Season to taste with **salt** and **pepper**. Cut any remaining lemon into wedges.



### 4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes. Wipe skillet.



### 5. Cook falafel

Shape **falafel** into 8 (1-inch diameter) balls, if necessary. Heat **3 tablespoons oil** in same skillet over medium-high. Add falafel and cook, turning occasionally, until browned all over, 5-7 minutes. Transfer to a paper towel-lined plate and sprinkle with **a pinch of salt**.



### 6. Serve

To **cooked bulgur**, stir in scallions and parsley. Drizzle with **a little oil** and season with **a pinch each of salt and pepper**.

Slice **chicken**. 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!