

DINNERLY



Za'atar Chicken with Lemony Tabouleh



ca. 20min



2 Servings

Za'atar tastes as delightfully exotic as it sounds. It typically includes a variety of savory herbs, spices, and sesame seeds—and instantly bumps up the flavor level of anything it touches. Here, it takes pan-seared chicken from drab to fab. The tabouleh, made of bulgur wheat, tomatoes, cukes, and a lemony dressing is such a sensational side, that you'll be recreating it for many a meals to come. We've got you covered!

WHAT WE SEND

- garlic
- 4 oz quick-cooking bulgur¹
- 1 lemon
- 2 plum tomatoes
- 1 cucumber
- ½ lb pkg boneless, skinless chicken breasts
- ¼ oz za'atar spice blend¹¹

WHAT YOU NEED

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

TOOLS

- small saucepan
- 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 40g, Carbs 55g, Proteins 36g



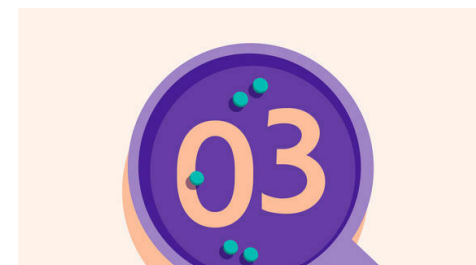
1. Cook bulgur

Finely chop **2 teaspoons garlic**. Heat **1 tablespoon oil** in a small saucepan over medium. Add **half of the chopped 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. Cover and simmer over low until tender and water is absorbed, about 12 minutes. Remove from heat and keep covered.



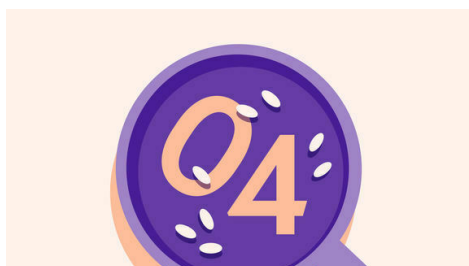
2. Prep ingredients

Meanwhile, finely grate **½ teaspoon lemon zest** and squeeze **1½ tablespoons lemon juice** into a large bowl. Cut any remaining lemon into wedges. Cut **tomatoes** and **cucumber** into ¼-inch pieces. Rinse **chicken**, but do not pat dry, then pound to an even ½-inch thickness, if necessary.



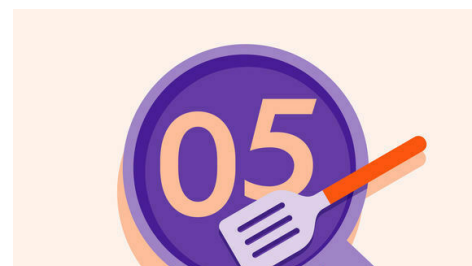
3. Make dressing

Add **remaining chopped garlic** to bowl with **lemon zest and juice**. 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.



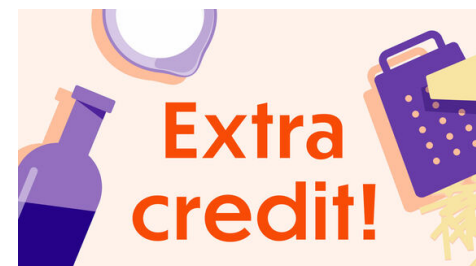
4. Cook chicken

In a small bowl, combine **all of the za'atar**, **1 tablespoon flour**, and **¼ teaspoon each of salt and pepper**. Sprinkle za'atar mixture all over **chicken**, pressing gently with your fingers to help seasoning 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 plate.



5. Finish & serve

Transfer **bulgur**, **tomatoes**, and **cucumbers** to large bowl with **dressing**, stirring to combine; season to taste with **salt** and **pepper**. Serve **za'atar chicken** with **tabouleh** alongside, and with **reserved vinaigrette** drizzled over top. Serve with **lemon wedges** for squeezing. 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!