

DINNERLY



Za'atar 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

- garlic
- 4 oz pkg quick-cooking bulgur¹
- 1 lemon
- 2 plum tomatoes
- 1 cucumber
- 10 oz pkg boneless, skinless chicken breasts
- ¼ oz za'atar spice blend²

WHAT YOU NEED

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

TOOLS

- small saucepan
- box grater or microplane
- medium 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 710kcal, Fat 39g, Carbs 55g, Protein 42g



1. Cook bulgur

Finely chop **2 teaspoons garlic**. Heat **1 tablespoon oil** in a small saucepan over medium. Add **half 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 heat until tender and water is absorbed, about 12 minutes. Keep covered off heat until step 5.



2. Prep veggies & chicken

While **bulgur** cooks, 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; pound to an even ½-inch thickness, if necessary.



3. Make dressing

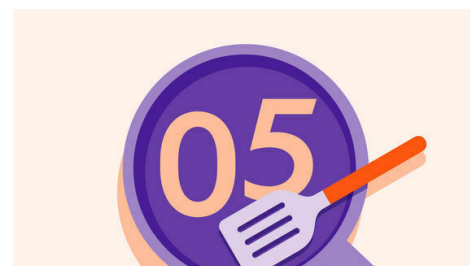
Add **remaining chopped garlic** to bowl with **lemon zest and juice**. Whisk in **⅓ cup oil**, then season to taste with **salt** and **pepper**. Transfer **1 tablespoon of the dressing** to a small bowl and reserve for serving.



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 all over **chicken**, pressing gently to help seasoning adhere.

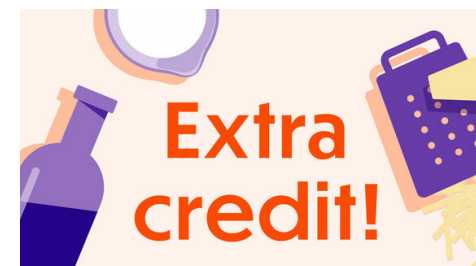
Heat **1 tablespoon oil** in a medium skillet over medium-high. Cook chicken until golden-brown and cooked through, 3–4 minutes per side. Transfer to a plate.



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 **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!