

Za'atar-Spiced Chicken

with Tabbouleh, Roasted Cauliflower & Tzatziki

In this dish, you'll serve pan-seared chicken—coated in the robust spice blend za'atar—with homemade tzatziki, a cooling sauce of seasoned yogurt. Our tzatziki combines Greek yogurt with lemon juice, grated cucumber and garlic paste. It's perfect with the zesty chicken, or dolloped on top of za'atar-roasted cauliflower. To round out the meal, we're also making the Middle Eastern grain salad tabbouleh with bulgur (or cracked wheat), spinach and lemon juice.



Ingredients

- 4 Boneless, Skin-On Chicken Breasts
- 1¼ Cups Bulgur
- ½ Cup Plain Greek Yogurt
- 4 Ounces Spinach
- 1 Lemon
- 1 Head Cauliflower
- 1 Clove Garlic
- 1 Persian Cucumber
- 2 Tablespoons Za'atar

Makes: 4 servings | **Calories:** about 550 per serving
Prep Time: 10 minutes | **Cook Time:** 30–40 minutes

1



Cook the bulgur:

Preheat the oven to 450°F. Heat a large pot of salted water to boiling on high. Once boiling, add the **bulgur** and cook 12 to 14 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



Prepare the ingredients & make the tzatziki:

While the bulgur cooks, wash and dry the fresh produce. Cut out and discard the cauliflower core; cut the head into bite-sized florets. Grate the cucumber. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Quarter and deseed the lemon. In a bowl, combine the **yogurt**, **grated cucumber**, **garlic paste** and the **juice of 2 lemon wedges**; season with salt and pepper to taste.

3



Roast the cauliflower:

While the bulgur continues to cook, place the **cauliflower** on a sheet pan; drizzle with olive oil and season with salt, pepper and **half the za'atar**. Toss to thoroughly coat. Arrange in a single, even layer and roast, stirring halfway through, 18 to 20 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven. Transfer to a serving dish and set aside in a warm place.

4



Cook the chicken:

While the cauliflower roasts, pat the **chicken** dry with paper towels; season on both sides with salt, pepper and the **remaining za'atar**. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down. Cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer to a serving dish and set aside in a warm place, leaving any browned bits (or fond) in the pan.

5



Make the tabbouleh & serve your dish:

While the cauliflower continues to roast, add 1 teaspoon of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **spinach** and cook, stirring occasionally, 1 to 2 minutes, or until wilted. Transfer to the pot of **cooked bulgur**. Add the **juice of the remaining lemon wedges** and a drizzle of olive oil. Stir to combine and season with salt and pepper to taste. Transfer to a serving dish. Serve the **tabbouleh**, **cooked chicken** and **roasted cauliflower** with the **tzatziki** on the side. Enjoy!