

# Za'atar-Spiced Chicken & Bulgur

with Yogurt Sauce & Pita Chips

**PREP TIME:** 15 minutes

**COOK TIME:** 30-40 minutes

**SERVINGS:** 4

This recipe takes inspiration from the vibrant flavors of Middle Eastern cuisine. Bulgur—a type of dried, cracked wheat—cooks into a light, fluffy (and distinctively nutty) accompaniment for our chicken. We're seasoning the chicken with traditional spices and the sweet juice of a mandarin. For added texture, we're also stirring in golden raisins and roasted almonds before topping it all off with a bright, creamy yogurt sauce.



#### BLUE APRON WINE PAIRING:

Osorio Carménère, 2016

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## Ingredients



1 1/2 lbs  
SLICED CHICKEN  
BREAST



4  
POCKETLESS  
PITAS



1 1/3 cups  
BULGUR WHEAT



1/2 cup  
PLAIN GREEK  
YOGURT



2 cloves  
GARLIC



1  
LEMON



1  
MANDARIN



1 bunch  
CILANTRO & MINT

#### KNICK KNACKS:



3 Tbsp  
GOLDEN RAISINS



3 Tbsp  
ROASTED  
ALMONDS



1  
SHALLOT



2 Tbsp  
CHICKEN SPICE  
BLEND\*

\* Za'atar & Aleppo Pepper



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## 1 Cook the bulgur wheat:

- ☐ Preheat the oven to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Thoroughly rinse the **bulgur wheat**. Once the pot of water is boiling, add the rinsed bulgur wheat and cook, uncovered, 11 to 13 minutes, or until tender. Drain thoroughly and set aside in a warm place.

## 2 Prepare the ingredients:

- ☐ While the bulgur wheat cooks, wash and dry the fresh produce.
- ☐ Quarter the pitas.
- ☐ Peel and roughly chop the garlic.
- ☐ Peel and mince the shallot.
- ☐ Halve the mandarin and squeeze the juice into a bowl; discard the halves.
- ☐ Roughly chop the almonds.
- ☐ Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Pick the cilantro and mint leaves off the stems; discard the stems.

## 3 Make the pita chips:

- ☐ Place the **pitas** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and toast in the oven 7 to 9 minutes, or until golden brown and crispy. Remove from the oven. Transfer to a serving dish.

## 4 Start the chicken:

- ☐ While the pitas toast, pat the **chicken** dry with paper towels. Season with salt and pepper. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook, stirring occasionally, 3 to 5 minutes, or until lightly browned. Add the **garlic, shallot and raisins**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.

## 5 Finish the chicken & bulgur wheat:

- ☐ To the pan, add **up to ¾ of the spice blend**, depending on how spicy you'd like the dish to be. Reduce the heat to medium and cook 1 to 2 minutes, or until fragrant. Add the **mandarin juice, cooked bulgur wheat** and **¼ cup of water**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the chicken is cooked through. Turn off the heat. Stir in the **almonds, lemon zest** and the **juice of 2 lemon wedges**. Season with salt and pepper to taste.

## 6 Make the sauce & serve your dish:

- ☐ In a bowl, combine the **yogurt, the juice of the remaining lemon wedges** and **as much of the remaining spice blend as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and season with salt and pepper to taste.
- ☐ Divide the **finished chicken and bulgur wheat** among 4 dishes. Top with spoonfuls of the sauce and a drizzle of olive oil. Garnish with the **mint** (tearing the leaves just before adding) and **cilantro**. Serve with the **pita chips** on the side. Enjoy!