



Chicken Tenderloins

with Bulgur Salad

Seasoned chicken tenderloins served alongside a fresh salad with bulgur wheat and a shallot dressing.



25 minutes



2 servings



Chicken

FROM YOUR BOX

BULGUR WHEAT	100g
BABY COS LETTUCE	1
RED CAPSICUM	1
TOMATO	1
SHALLOT	1
CHICKEN TENDERLOINS	300g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar (of choice)

NOTES

Elevate this dish with some crumbled feta cheese, toasted nuts or seeds, olives or marinated vegetables.

This dish can be served in wraps or with roast sweet potato for a more filling serve.

No gluten option – bulgur wheat is replaced with quinoa. Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

1. COOK THE BULGUR

Place bulgur in a saucepan with plenty of water. Bring to the boil and simmer for 15–20 minutes. Drain and rinse. Press bulgur down in a sieve to squeeze out excess liquid.

2. PREPARE THE SALAD & DRESSING

Chop lettuce, capsicum and tomato. Set aside.

Finely chop shallot. Whisk together with **2 tbsp vinegar, 3 tbsp olive oil, salt and pepper.**

TIP

You can add some fresh chopped herbs such as parsley, mint, dill or basil if you have some. You can use lemon juice instead of vinegar if preferred.

3. COOK THE CHICKEN

Coat chicken with seasoning of choice, **oil, salt and pepper.** Cook in a frypan with **oil** over medium-high heat for 3–5 minutes each side or until cooked through.

TIP

We coated the chicken with 2 tsp pre-made Middle Eastern spice mix. You can use ground cumin, paprika or coriander. Harissa paste, Ras el hanout or peri peri spice all work well!

4. FINISH AND SERVE

Toss cooked bulgur with salad. Serve with chicken on top and spoon over dressing.

This recipe has simplified instructions to help lower your meal cost.