

DINNERLY

D93 hero

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 meal to come...

WHAT WE SEND

- garlic
- cucumber
- boneless skinless chicken breast
- plum tomatoes
- lemon

WHAT YOU NEED

- all-purpose flour ¹
- kosher salt & ground pepper
- olive oil

TOOLS

- meat mallet (or heavy skillet)
- medium skillet
- small saucepan

ALLERGENS

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 739.0kcal, Fat 44.2g, Proteins 32.5g, Carbs 57.8g



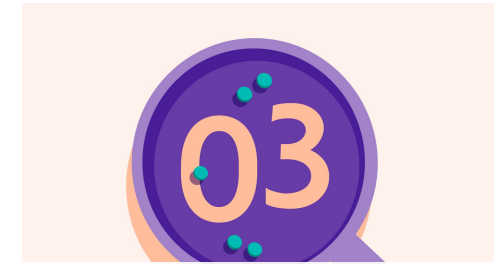
1. Cook bulgur

Peel and finely chop **2 medium cloves garlic**. Heat **1 tablespoon oil** in a small saucepan over medium. Add **½ of garlic**; cook until softened, 1 minute. Add **bulgur**; cook until toasted, 2 minutes. Add **¾ cup water** and **½ teaspoon salt**; bring to a boil. Cover; simmer over low until tender and water is absorbed, about 12 minutes. Remove from heat. Cover to keep warm.



2. Prep ingredients

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



3. Make dressing

Add the **remaining garlic** to the bowl with **lemon juice and zest**. Whisk in **⅓ cup oil** and season to taste with **salt and pepper**. Transfer **1 tablespoon of the dressing** to a small bowl for Step 5.



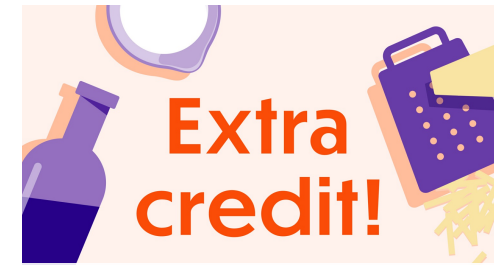
4. Cook chicken

In a small bowl, combine **za'atar**, **1 tablespoon flour**, and **¼ teaspoon each 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 on both sides, 3–5 minutes total. Transfer to plate.



5. Finish & serve

Add **bulgur, tomatoes, and cucumbers** to large bowl with **dressing**; stir to combine and season to taste with **salt and pepper**. Transfer **chicken** to plates. Serve with **tabouleh**. Drizzle chicken and tabouleh with **reserved vinaigrette**. Serve with **lemon wedges** for squeezing over. 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!