



DINNERLY

D93 hero

Za'atar Chicken with Lemony Tabouleh

 20-30min  4 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
- cucumbers
- lemon
- boneless skinless chicken breast
- plum tomatoes

WHAT YOU NEED

- all-purpose flour ¹
- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

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

ALLERGENS

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

NUTRITION PER SERVING

Calories 646.0kcal, Fat 34.1g, Proteins 32.4g, Carbs 56.7g



1. Cook bulgur

Peel and finely chop **3 medium cloves garlic**. Heat **2 tablespoons oil** in medium saucepan over medium. Add **½ of garlic**; cook until softened, 1 minute. Add **bulgur**; cook until toasted, 2 minutes. Add **1½ cups water** and **1 teaspoon salt**; bring to a boil. Cover; simmer over low until tender and water is absorbed, about 12 minutes. Remove from heat. Cover; keep warm.



2. Prep ingredients

Meanwhile, into a large bowl, finely grate **¾ teaspoon lemon zest** and squeeze **3 tablespoons lemon juice**. Cut **tomatoes and cucumbers 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** into the large bowl with the **lemon zest and juice**. Whisk in **½ cup oil** and season to taste with **salt and pepper**. Transfer **2 tablespoons of the dressing** to a small bowl; save for Step 5.



4. Cook chicken

In a small bowl, combine **za'atar**, **2 tablespoons flour**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Sprinkle za'atar mixture all over chicken, pressing gently with your fingers to help seasoning adhere. Heat **2 tablespoons oil** in a large skillet over medium-high. Cook chicken until golden brown on both sides, 3–5 minutes total. Transfer to plate.



5. Finish & serve

Meanwhile, 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** alongside. Drizzle chicken and tabouleh with **reserved vinaigrette**. 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!