



Spiced Chicken & Bulgur Bowl with Sweet Tahini Sauce

Tender, aromatic chicken seasoned with cumin, cinnamon, and coriander, served over fluffy bulgur wheat. Fresh parsley, crisp mini cucumber, and tangy dried cranberries add vibrant flavor and texture, while a drizzle of lemon-kissed sweet tahini sauce brings a creamy, subtly sweet finish.

Nutritional Info

Calories: 666 kcal
 Carbohydrates: 91 g
 Protein: 37 g
 Fat: 16 g

Ingredients

- Chicken Fillet
- Fresh Parsley
- Garlic Clove
- Orange
- Lemon
- Cucumber
- Bulgur Wheat
- Dried Cranberries
- Honey
- Tahini
- Spice Mix
 - Cinnamon
 - Cumin
 - Coriander

Your Pantry

- Olive Oil
- Salt

Allergens

[Wheat \(Bulgur Wheat\)](#)
[Sesame \(Tahini\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle

2) Cook the bulgur wheat

Place a non-stick saucepan over medium heat and add the bulgur wheat with a pinch of salt and a quarter of the spice mix. Toast the bulgur wheat for 2-3 minutes, stirring frequently until it begins to smell nutty. Pour in 100ml of boiling water per person. Once the water is bubbling (it may happen immediately), immediately cover the saucepan and switch off the heat. Leaving for 10-12 minutes while the bulgur wheat absorbs all the fluid. Transfer to a bowl and fluff with a fork, giving it a chance to cool.

3) Prepare the vegetables

Peel and crush the garlic - split in half and keep half for the chicken and half for the dressing. Chop the cucumber into small cubes. Finely chop the parsley and set aside.

4) Prepare the chicken

Butterfly the chicken fillet - place your hand on top of the chicken, slice lengthways into the chicken, dividing it in half. Stop about 1-2cm from the opposite side so that it opens up like a book lying flat. Rub each breast with a good drizzle of olive oil, and sprinkle over the remaining spices. Season with salt and massage with your hands to make sure the chicken is fully covered. While your chicken marinates....

5) Make the dressing

Add the tahini to a bowl with a pinch of salt, the remaining garlic, and the honey. Squeeze in some lemon (around ½ tsp - 1 tsp per person portion) and mix well. Now you want to add in water, a teaspoon at a time, mixing well between each addition until you reach a drizzling consistency. Set aside.

6) Cook the chicken

Place a frying pan on medium heat with a drizzle of oil. Once hot, add your chicken frying for 2-3 minutes on each side until cooked through and golden. While the chicken cooks....

7) Finish the bulgur salad

Combine the bulgur wheat, parsley, cranberries, and a good drizzle of olive oil. Season with lemon juice to taste

8) Plate the dish

Plate the bulgur wheat. Slice the chicken into strips and lay over the bulgur wheat. Drizzle over the tahini dressing, and enjoy!



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