

COOK FRESH.

# Grilled Sumac Chicken with Pomegranate Tabbouleh

Enjoy a Sumac Grilled Chicken served with Bulgur Tabouleh with Pomegranate seeds.

⌚ 30 Mins

Kcal 886 | P 65 g | C 146 g | F

17g

Family Friendly

Quick and Easy















# Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

# What you'll need

Olive oil, Salt, black pepper, Cooking pot, Chopping board, Knife, Strainer, Bowl, Grill pan, oil, Cooking pan.

# Ingredients (2 persons)

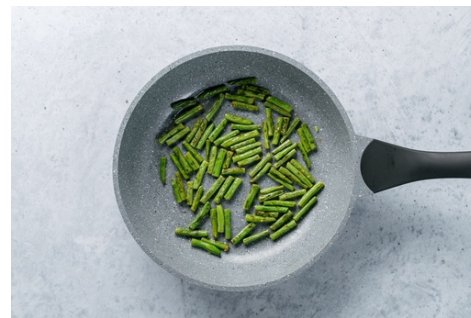
-  Bulgur Wheat 100GR
-  Green Beans 100GR
-  Fresh Parsley 7GR
-  Mint Leaves 7GR
-  Spring Onion 7GR
-  Red Cherry Tomato 60GR
-  Chickpeas 400GR
-  Pomegranate 280GR
-  Fresh Lemon 180GR
-  Sumac Powder 4GR
-  Chicken Breast 280GR
-  Home Made Vegetable Stock 300ML

## Method



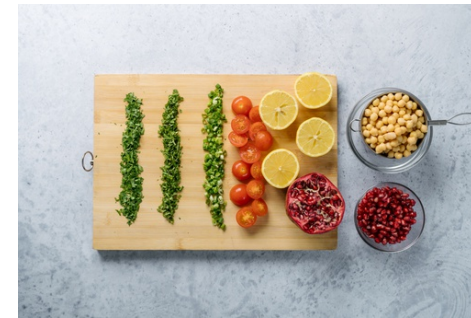
### Cook the Bulgur

Wash and rinse the **bulgur**. Put the **water** to a boil using a cooking pot, add a **vegetable cube**. Pour the **bulgur** and cook uncovered for 1-3 minutes. Put the lid on and cook for 15 minutes on low fire. Once cooked, remove from the heat. Fluff it with a fork and transfer it to a baking tray to make it cold.



### Cook the Beans

Cut the edge of the **beans** and cut them into slices. Heat a cooking pan with a drizzle of **oil** over medium-high heat, add the **beans**, season with a pinch of **salt** and **black pepper**, and cook until charred.



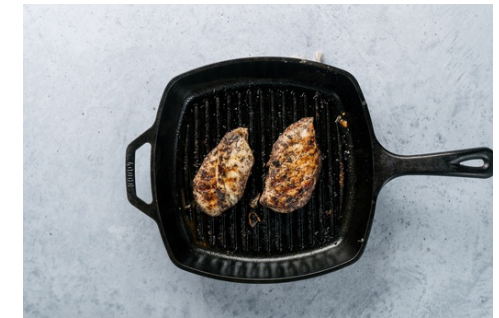
### Prep the Ingredients

Finely chop **parsley** including the soft stem. Finely chop **spring onion**, and **mint leaves**. Cut the **red cherry tomato** in half. Cut the **lemon** in half, and squeeze. Drain & wash the **chickpeas**. Cut the **pomegranate** in half and deseed.



### Final Touches

Once the **bulgur** is cold, add the **chickpeas** and 2 tablespoons of **lemon juice**. Add the **parsley**, **mint leaves**, **spring onion**, and **pomegranate** season with **black pepper** and **salt** to taste and mix all to combine.



### Grill the Chicken

Marinate the **chicken** in a bowl, with 1 tablespoon of **lemon juice** with **sumac powder**, **salt**, and **black pepper** drizzle with **olive oil**. Meanwhile, Heat a cooking grill pan or a pan with a drizzle of **oil** over medium heat. Once hot, add the **chicken** and cook each side for 6-8 minutes or until there's no longer pink color in the meat.



### Serve and Enjoy!

Place the **mixed tabouleh** on a plate and top with **grilled chicken sumac**.

Allergens **Wheat**