

## Bulgur & Chicken in Orange Dressing

It's a shame that this one is more time consuming than the others, because it is my favourite.

The bulgur is soaked and not cooked, thus it's 'al dente'.

The chicken is best if marinated for a while, the red pepper is best if smoked, and the mushrooms need a bit of attention as well. However this is a brilliant dish for guests as everything can be prepared and final touches are done in a jiffy.

And for vegetarians you just leave the chicken away and give them a bit more mushroom and peppers. If you want to be generous, then steam a few broccoli flowers to put on top.



**Needs time**  
start: 4 hours before  
final touches: 15 Minutes

### Shopping

- 2 chicken breasts
- 1 cup of bulgur
- lettuce
- 1 red pepper
- 250 g mushrooms
- 1-2 onion (preferably red)
- 1-2 clove of garlic
- 1 Orange
- 5-6 tbsp olive oil
- 3 tbsp white balsamic vinegar
- 1/2 tsp ground coriander (fresh if available)
- pepper
- salt
- 1 tsp Cajun spice
- 1 tsp sweet red pepper powder



### Preparation

4 - 5 hours before:

- cover the bulgur in water with a good 1/2" (1cm) water above the bulgur

2 hours before:

- Mix 3-4 tbsp olive oil with Cajun spice and red pepper powder
- slice the chicken breast and mix with the marinade
- keep covered in the fridge
- prepare the dressing
  - juice of 1 orange
  - 2 tbsp olive oil
  - 3 tbsp white Balsamic vinegar (increase amount to taste)
  - pepper
  - salt
  - ground coriander
  - garlic mashed
- wash and strain the bulgur carefully and mix with the dressing.

- keep covered for another 2 hours, stir after 1 hour.

When you have time:

- Wash the lettuce and strain well
- Peel the mushrooms. I have a rule of thumb. If the peel of the head comes off easily they get peeled, whether they are closed or not. From the base I cut off a few millimetres. If the base is hollow I remove it. This way I don't have to wash them. Mushrooms take on water very quickly, if you have to wash them do this quick and briefly and strain well.
- Cut them in thin slices
- Peel the onion, and
- slice half of it thinly to get nice crescent shaped slices to decorate the salad leaves
- the other half cut into chunky bits
- roast the pepper either over an open flame of the hob (+1 minute of Microwave at the end) or under the grill.
- take off the black peel carefully
- remove the seeds and slice it into long stripes (keep at room temperature)

Keep everything covered until you are ready to go.



## Finish

15 minutes before:

- heat a frying pan (dry)
- put in the chicken slices and fry on full heat until golden
- switch down the heat to 1/2 power and turn them over
- prepare a sheet of tin foil, shiny side up

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- Keep an eye on the chicken. It is done when on pressing it down with the back of a fork it feels solid. Take them out of the pan as they get done and wrap them in the tin
  - when the pan is empty add the chopped onions and glaze them, if it burns too much add a bit of water and stir, adjust the heat,
  - add the mushrooms and stir them in
  - stir from time to time

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- Meanwhile:
    - Place the lettuce on the plate and
    - stir the bulgur and place in the middle
    - drape the sliced onion and the smoked pepper strips around it



- When
  - the mushrooms are done open the chicken parcel at one end and pour the juice into the mushrooms and stir
  - put them on top of the bulgur
  - drape the chicken strips around it



#### **Variation 1 (mild chicken)**

- Same as above.
- Instead of oil and spices mix oil and 2 tbsp of dark soy sauce to marinade the chicken.

#### **Variation 2 (veg version)**

- Same as above.
- Arrange steamed broccoli on top of the plate instead of chicken
- If you want to do both versions in one go, take some of the mushrooms out and put it on the veggy plates before you add the juice to from the chicken.