



Roasted Chickpea and Bulgur Salad with Mint and Feta

Veggie

35 Minutes

Customized Protein

+ Add

↻ Swap

or

*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

+ Add



Chicken Breasts*
2 | 4

+ Add



Salmon Fillets, skin-on
250 g | 500 g



Bulgur Wheat
½ cup | 1 cup



Chickpeas
1 | 2



Shallot
1 | 2



Sultana Raisins
28 g | 56 g



Sweet Bell Pepper
1 | 2



Baby Spinach
56 g | 113 g



Mint
7 g | 7 g



Lemon
1 | 2



Garlic, cloves
1 | 2



Turkish Spice Blend
1 tbsp | 2 tbsp



Feta Cheese, crumbled
½ cup | 1 cup



Yogurt Sauce
6 tbsp | 12 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, sugar, unsalted butter, salt, pepper

Cooking utensils | Baking sheet, large bowl, measuring cups, measuring spoons, medium pot, paper towels, small bowl, strainer, whisk, zester

1



Sauté shallots and garlic

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

- Heat a medium pot over medium-high heat.
- While the pot heats, peel, then mince or grate **garlic**.
- Peel, then slice **shallot** into ¼-inch half-moons.
- When the pot is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pot until melted.
- Add **shallots**. Cook, stirring occasionally, until softened slightly, 2-3 min.
- Add **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **¾ cup** (1 ½ cups) **water** and **¼ tsp** (½ tsp) **salt**. Cover and bring to a boil over high.

4



Prep and make vinaigrette

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Roughly chop **mint**.
- Zest, then juice **lemon**.
- Add **lemon zest**, **lemon juice**, **remaining garlic**, **½ tsp** (1 tsp) **sugar** and **2 ½ tbsp** (5 tbsp) **oil** to a small bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.

2



Roast chickpeas

- Meanwhile, drain and rinse **chickpeas**, then pat dry with paper towels.
- Add **chickpeas**, **Turkish Spice Blend** and **2 tbsp oil** to an unlined baking sheet. Season with **pepper** and **¼ tsp salt**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 2 tbsp oil and ¼ tsp salt per sheet.)
- Roast **chickpeas** in the **top** of the oven, stirring halfway through, until golden-brown, 22-25 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.) (**TIP:** Cover loosely with foil or another baking sheet, if chickpeas start popping.)

5



Assemble salad

- Add **peppers**, **spinach**, **mint** and **half the chickpeas** to the bowl with **bulgur**.
- Drizzle **vinaigrette** over top, then toss to combine.

3



Cook bulgur

- + Add | **Chicken Breasts**
- + Add | **Salmon Fillets, skin-on**
- Stir **bulgur** and **raisins** into the **boiling water**, then return to a boil.
- Remove from heat. Cover and let stand until **bulgur** is tender and **liquid** is absorbed, 15-17 min.
- Fluff **bulgur** with a fork and season with **salt** and **pepper**, to taste.
- Transfer **bulgur** to a large bowl, then toss a few times. Set aside.

6



Finish and serve

- + Add | **Chicken Breasts**
- + Add | **Salmon Fillets, skin-on**
- Divide **bulgur salad** between bowls. Top with **remaining chickpeas**.
- Sprinkle **feta** over top.
- Drizzle **yogurt sauce** over top.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

3 | Cook bulgur and chicken

+ Add | **Chicken Breasts**

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

3 | Cook bulgur and salmon

+ Add | **Salmon Fillets, skin-on**

If you've opted to add **salmon**, pat **salmon** dry with paper towels, then season with **salt** and **pepper**. Heat a medium non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **salmon**. Pan-fry until golden-brown and cooked through, 2-3 min per side.**

6 | Finish and serve

+ Add | **Chicken Breasts**

Thinly slice **chicken**. Arrange **chicken** on top of **salad**.

6 | Finish and serve

+ Add | **Salmon Fillets, skin-on**

Arrange **salmon** on top of **salad**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook salmon to a minimum internal temperature of 70°C/158°F and chicken to a minimum internal temperature of 74°C/165°F, as size may vary.