

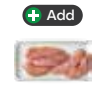



# Roasted Chickpea and Bulgur Salad with Mint and Feta













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](http://hellofresh.ca)

 Chicken Breast Tenders 310 g   620 g	 Shrimp 285 g   570 g
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 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

+ Add | **Shrimp**

- 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.)

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### 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 Breast Tenders**

- 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

- Divide **bulgur salad** between plates. 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 Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken breast tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.\*\*

### 4 | Prep, make vinaigrette and cook shrimp

+ Add | **Shrimp**

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 **tbsp**) **oil** and **shrimp**. Cook, stirring occasionally, until shrimp just turn pink, 3-4 min.\*\* Remove from heat. Proceed with remaining instructions as written.

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

\*\* Cook to a minimum internal temperature of 74°C/165°F.