

Roasted Chickpea and Bulgur Salad

with Mint and Feta

Veggie 35 Minutes



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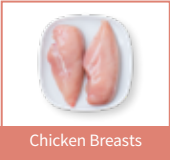


CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Bulgur Wheat



Chicken Breasts



Chickpeas



Shallot



Sultana Raisins



Sweet Bell Pepper



Baby Spinach



Mint



Lemon



Garlic, cloves



Turkish Spice Blend



Feta Cheese, crumbled



Parsley

Start here

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

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

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

Ingredients

	2 Person	4 Person
Bulgur Wheat	½ cup	1 cup
Chicken Breasts*	2	4
Chickpeas	370 ml	740 ml
Shallot	50 g	100 g
Sultana Raisins	28 g	56 g
Sweet Bell Pepper	160 g	320 g
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
Parsley	7 g	7 g
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

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

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.



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1



Sauté shallots and garlic

- Place a large bowl in the fridge.
- 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**.
- Roughly chop **parsley**.
- 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

- Once **bulgur** is no longer hot, add **peppers, spinach, mint, half the parsley** and **half the chickpeas** to the bowl.
- Drizzle **vinaigrette** over top, then toss to combine.

3



Cook bulgur

- Stir **bulgur** and **raisins** into the **boiling water**, then return to a boil.
- Remove the pot 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 the chilled large bowl, then toss a few times.
- Place in the fridge, tossing occasionally, until no longer hot.

If you've opted to add **chicken breasts**, heat a large non-stick pan over medium-high heat. While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Pan-fry until golden-brown, 2-3 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the **top** of the oven until cooked through, 8-10 min.**

6



Finish and serve

- Divide **salad** between plates. Top with **remaining chickpeas**.
- Sprinkle **feta** and **remaining parsley** over top.

Dinner Solved!

Thinly slice **chicken**. Top **salads** with **chicken** when you assemble them.