



Roasted Chickpea and Bulgur Salad with Mint and Feta

Veggie 35 Minutes



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Bulgur Wheat



Chicken Breasts



Chickpeas



Shallot



Sultana Raisins



Sweet Bell Pepper



Baby Spinach



Mint



Lemon



Garlic, cloves



Turkish Spice Blend



Feta Cheese,
crumbled



Parsley

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!

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
Sugar*	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
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.

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**, 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.**

6



Finish and serve

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

Thinly slice **chicken**. Top final plates with **chicken**.



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Dinner Solved!