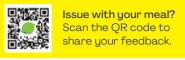


Roasted Chickpea and Bulgur Salad

with Mint and Feta

Veggie

35 Minutes





Bulgur Wheat





Chickpeas





Sultana Raisins







Baby Spinach







Lemon

Garlic, cloves



Turkish Spice Blend



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 1 tbsp (2 tbsp) oil within steps 2 person 4 person 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
		4 FEI 5011
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*		

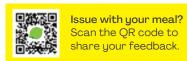
Salt and Pepper*

- * 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.





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 3/4 cup (1 ½ cups) water and 1/4 tsp (½ tsp) salt. Cover and bring to a boil over high.



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.)



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.**



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.



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.



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.

Dinner Solved!