

Roasted Chickpea and Bulgur Salad

with Mint Vinaigrette and Feta

Veggie Spicy 30 Minutes



Bulgur Wheat



Leek, sliced



Dried Apricots



Sweet Bell Pepper



Baby Spinach



Mint



Parsley



Lemon



Garlic, cloves



Chickpeas



Cajun Spice Blend



Feta Cheese, crumbled

HELLO MINT

Fresh and herbaceous, this herb works great in both sweet and savoury dishes!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Bulgur Wheat	½ cup	1 cup
Leek, sliced	56 g	113 g
Dried Apricots	56 g	112 g
Sweet Bell Pepper	160 g	320 g
Baby Spinach	56 g	113 g
Mint	7 g	7 g
Parsley	7 g	7 g
Lemon	1	2
Garlic, cloves	1	2
Chickpeas	370 ml	740 ml
Cajun Spice Blend 🌶️	1 tbsp	2 tbsp
Feta Cheese, crumbled	½ cup	1 cup
Sugar*	½ tsp	1 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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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Roast chickpeas

Drain and rinse **chickpeas**, then pat dry with paper towels. Add **chickpeas**, **Cajun Spice Blend** and **2 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 2 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat. Roast **chickpeas** in the **top** of the oven until starting to crisp, 12-14 min. Stir, then cover **chickpeas** loosely with foil or another baking sheet. Return **chickpeas** to the oven and bake until golden-brown, 10-12 min. (**NOTE:** For 4 ppl, use 2 baking sheets and roast in the middle and top of the oven, rotating sheets halfway through.)



Make vinaigrette

Add **lemon zest**, **garlic**, **lemon juice**, **½ tsp sugar** and **3 tbsp oil** (dbl all for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then whisk to combine.



Cook bulgur

While **chickpeas** roast, place a large bowl in the fridge. Heat a medium pot over medium-high heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan until melted. Add **leeks**. Cook, stirring occasionally, until softened, 3-4 min. Add **¾ cup water** and **¼ tsp salt** (dbl both for 4 ppl). Cover and bring to a boil over high heat. While **water** comes to a boil, cut **dried apricots** into quarters. Stir **bulgur** and **apricots** into pot, then return to a boil. Remove the pot from heat. Cover and steam until **bulgur** is tender and **liquid** is absorbed, 15-17 min. Fluff **bulgur** with a fork. Transfer to the large chilled bowl. Place in the fridge to cool.



Assemble salad

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



Prep

While **bulgur** steams, cut **pepper** into ½-inch pieces. Roughly chop **mint**. Roughly chop **parsley**. Zest, then juice **lemon**. Peel, then mince or grate **garlic**.



Finish and serve

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

Dinner Solved!