













Roasted Chickpea and Bulgur Salad

with Mint and Feta

Veggie 30 Minutes



-  Bulgur Wheat
-  Leek, sliced
-  Dried Apricots
-  Sweet Bell Pepper
-  Baby Spinach
-  Mint
-  Lemon
-  Garlic, cloves
-  Chickpeas
-  Turkish Spice Blend
-  Feta Cheese, crumbled
-  Parsley

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, zester, aluminum foil, medium pot, large bowl, small bowl, measuring cups, whisk, paper towels

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
Lemon	1	2
Garlic, cloves	1	2
Chickpeas	370 ml	740 ml
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

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.

Contact

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Roast chickpeas

- Drain and rinse **chickpeas**, then pat dry with paper towels.
- Add **chickpeas**, **Turkish 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 roast until golden-brown, 10-12 min. (**NOTE:** For 4 ppl, 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 **2 ½ tbsp oil** (dbl both for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.



Cook bulgur

- Meanwhile, 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), then swirl the pot until melted. Add **leeks**. Cook, stirring occasionally, until softened slightly, 3-4 min.
- Add **¾ cup water** and **¼ tsp salt** (dbl both for 4 ppl). Cover and bring to a boil over high.
- Meanwhile, cut **dried apricots** into quarters.
- Once **water** is boiling, add **bulgur** and **apricots**. Stir to combine, then cover and return to a boil.
- Once boiling, remove the pot from heat. Let stand until **bulgur** is tender and **liquid** is absorbed, 15-17 min.
- Fluff **bulgur** with a fork, then transfer to the chilled large bowl. Place in the fridge to cool.



Assemble salad

- Once **bulgur mixture** has cooled, add **peppers**, **spinach**, **mint**, **half the parsley** and **half the chickpeas** to the bowl.
- Drizzle with **vinaigrette**, then toss to combine.



Prep

- Meanwhile, core, then 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!