



# Roasted Chickpea and Bulgur Salad

## with Mint and Feta

Veggie

35 Minutes

+ Add



Chicken  
Tenders\*  
310 g | 620 g

↔ Custom Recipe

+ Add

↻ Swap

or

\*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Bulgur Wheat  
½ cup | 1 cup



Chickpeas  
1 | 2



Shallot  
1 | 2



Sultana Raisins  
28 g | 56 g



Sweet Bell  
Pepper  
1 | 2



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

**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.

**Pantry items** | Oil\*, salt\*, sugar\*, pepper\*, unsalted butter\*

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

1



### Sauté shallots and garlic

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

- 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 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.

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.)

3



### Cook bulgur

- Stir **bulgur** and **raisins** into the **boiling water**, then return to a boil.
- Remove 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.

4



### Prep and make vinaigrette

+ Add | **Chicken Tenders**

- 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**, then whisk to combine.

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.

6



### Finish and serve

+ Add | **Chicken Tenders**

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

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

### 4 | Cook chicken tenders

+ Add | **Chicken Tenders**

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.\*\*

### 6 | Finish and serve

+ Add | **Chicken Tenders**

Arrange **chicken** on top of plated **salad**.

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

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



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