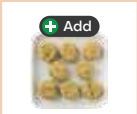




Roasted Chickpea and Bulgur Salad with Mint and Feta

Veggie 35 Minutes



Falafel

8 | 16

Customized Protein + 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](http://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
- Yogurt Sauce
6 tbsp | 12 tbsp

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 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.

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 bottom 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

- + Add | **Falafel**
- 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

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Roughly chop **mint**.
- 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** and **half the chickpeas** to the bowl.
- Drizzle **vinaigrette** over top, then toss to combine.

6



Finish and serve

- + Add | **Falafel**
- Divide **salad** between plates. Top with **remaining chickpeas**.
- Sprinkle **feta** over top.
- Drizzle **yogurt sauce** overtop.

Measurements
within steps

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

3 | Cook falafel

+ Add | **Falafel**

If you've opted to add **falafel**, toss with **1 1/2 tbsp** (3 tbsp) **oil** on an unlined baking sheet. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 12-14 min.

6 | Finish and serve

+ Add | **Falafel**

Top final plates with **falafel**.



Issue with your meal? Scan the QR code to share your feedback.