



GREEK GODDESS BULGUR BOWLS

with Chickpeas, Harissa Hummus & Cucumber Feta Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 | 2
Shallot



1 TBSP | 2 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 2
Mini Cucumber



1 | 2
Tomato



¼ oz | ¼ oz
Dill



1.5 oz | 3 oz
Greek Vinaigrette
Contains: Eggs, Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



½ Cup | 1 Cup
Hummus
Contains: Sesame



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THERE TOO. SCAN HERE TO GET HELP!



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If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



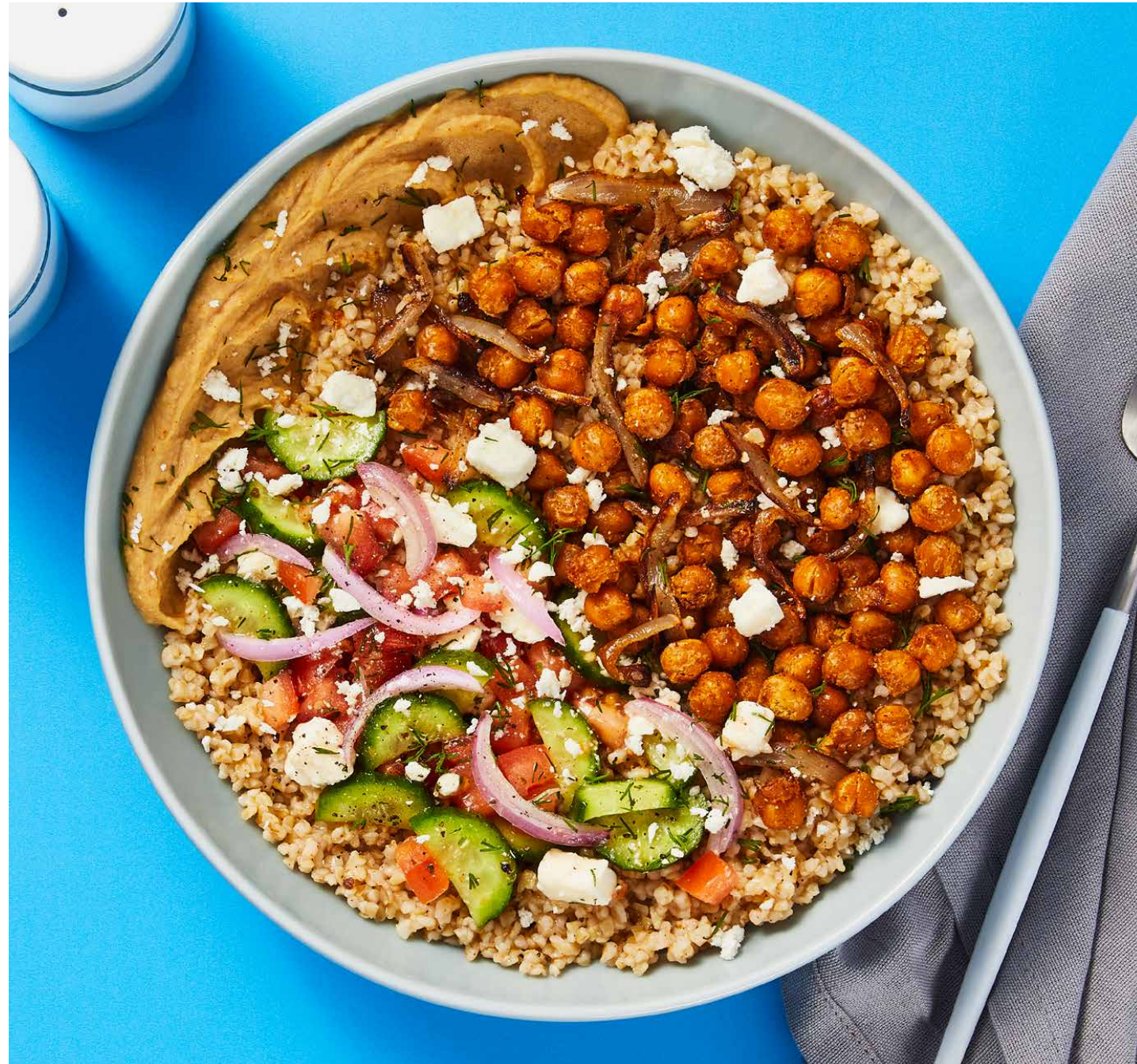
10 oz | 20 oz
Chicken Cutlets

Calories: 1010



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1170



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 820



HELLO





BULGUR

This hearty whole grain turns ultra-fluffy when cooked, plus it's a nutritional powerhouse with a variety of vitamins and minerals such as iron and calcium.

SPICE UP YOUR LIFE

If you're as spice-obsessed as we are, you'll love harissa, a North African chili paste. Here, we use harissa powder to infuse bulgur, roasted chickpeas, and hummus with rich, smoky heat. If you're unfamiliar with the ingredient, try adding just a small pinch to your hummus in step 5, then give it a taste. Love it? Add more to your heart's content.


BUST OUT


- Strainer
- Paper towels
- Baking sheet
- Small pot
- Medium bowl
- Small bowl
- Large pan  
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)  

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 *Chicken is fully cooked when internal temperature reaches 165°.

 *Salmon is fully cooked when internal temperature reaches 145°.



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Peel, quarter, and thinly slice **¾ of the shallot (you'll use the remaining shallot in step 4)**. Drain and rinse **chickpeas**; dry thoroughly with paper towels.

-  Pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**.
-  Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board.



4 MAKE SALAD

- While bulgur cooks, trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch-thick half-moons. Dice **tomato**. Very thinly slice **remaining shallot**. Pick and mince **fronds from dill**.
- In a medium bowl, toss together cucumber, tomato, **half the minced dill**, **half the Greek vinaigrette (you'll use more in the next step)**, **half the feta (save the rest for serving)**, and remaining shallot. Season with **salt** and **pepper**.



2 ROAST SHALLOT & CHICKPEAS

- Toss **sliced shallot** and **chickpeas** on a baking sheet with a **large drizzle of olive oil**, **1 tsp harissa powder (2 tsp for 4 servings)**, and **salt**. (**You'll use more harissa powder in the next step.**) (For 4, divide between **2 sheets**; roast on **top and middle racks**.)
- Roast on top rack until shallot is softened and chickpeas are lightly browned, 18-20 minutes. (**It's natural for chickpeas to pop a bit while roasting.**)



5 FLUFF & MIX

- Drain any excess water from **bulgur**; fluff with a fork. Stir in as much **remaining Greek vinaigrette** as you like. Taste and season with **salt** and **pepper**.
- Place **hummus** in a small bowl. Stir in a **pinch of remaining harissa powder**. (**Taste the hummus and add more harissa powder if you like things spicy.**)




3 COOK BULGUR

- Meanwhile, in a small pot, combine **bulgur**, **1 cup water**, **½ tsp harissa powder (you'll use more later)**, and **salt (we used ½ tsp)**. (**For 4 servings, use 2 cups water and 1 tsp harissa powder; we used 1 tsp salt.**)
- Bring to a boil, then cover and reduce to a low simmer. Cook until water has absorbed and bulgur is tender, 12-15 minutes.
- Keep covered off heat until ready to serve.



6 SERVE

- Using the back of a spoon, spread **hummus** on one side of each serving bowl. Divide **bulgur** between bowls.
- Arrange roasted **shallot and chickpeas** and **cucumber feta salad** on top in separate sections. Top with **remaining feta**. Sprinkle with **remaining minced dill** if desired and serve.
-  Slice **chicken** crosswise (**skip slicing salmon!**); serve chicken or **salmon** atop bowls.