

INGREDIENTS 2 PERSON | 4 PERSON 1 2 1 TBSP | 2 TBSP Red Onion Harissa Powder 🖠 Chickpeas 1/2 Cup | 1 Cup 1 2 4 oz | 8 oz Bulgur Wheat Mini Cucumber Grape Tomatoes **Contains: Wheat** 1.5 oz | 3 oz 1/2 Cup | 1 Cup Greek Vinaigrette

¼ oz | ¼ oz Dill

1/2 Cup | 1 Cup Hummus Contains: Sesame

1 2



Feta Cheese **Contains: Milk**

5

ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

HelloCustom

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





10 oz | 20 oz G Chicken Cutlets

G Calories: 1010

10 oz | 20 oz 😔 Salmon Contains: Fish G Calories: 1170

GREEK GODDESS BULGUR BOWLS

with Roasted Chickpeas, Harissa Hummus & Cucumber Feta Salad



PREP: 10 MIN COOK: 30 MIN CALORIES: 820



HELLO

HARISSA POWDER

Our easy-to-sprinkle version of the fiery North African chile paste

SPICE UP YOUR LIFE

Our harissa powder has rich, smoky heat. Unfamiliar? Add just a pinch to your hummus in Step 5, then taste it. Love it? Add to your heart's content!

BUST OUT

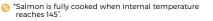
- Strainer
 Medium bowl
- Paper towels
 Small bowl
- Baking sheet 🛛 Large pan 😉 😔
- Small pot
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) (3 (3)

GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663 HelloFresh.com

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





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 ¼ of the onion (you'll use the remaining onion in Step 4).
 Drain and rinse chickpeas; dry thoroughly with paper towels.



2 ROAST ONION & CHICKPEAS

- Toss sliced onion and chickpeas on a baking sheet with a large drizzle of oil, 1 tsp harissa powder (2 tsp for 4 servings), and salt. (For 4, divide between 2 sheets; roast on top and middle racks.)
- Roast on top rack until onion is softened and chickpeas are lightly browned, 18-20 minutes. TIP: It's natural for chickpeas to pop a bit while roasting.
- 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 browned and 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 to rest.



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.



4 MAKE SALAD

- While bulgur cooks, trim and halve cucumber lengthwise; slice crosswise into ¼-inch-thick half-moons. Halve tomatoes.
 Very thinly slice remaining onion. Pick and mince fronds from dill.
- In a medium bowl, toss together cucumber, tomatoes, 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 onion. Season with salt and pepper.



5 SEASON BULGUR & HUMMUS

- 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. TIP: Taste hummus and add more harissa powder if you like things spicy.



6 SERVE

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