



CRISPY CHICKPEA TABBOULEH BOWLS









with Creamy Feta Dressing



HELLO TABBOULEH

Our refreshing grain-and-herb salad stars chewy bulgur wheat, fresh dill, crunchy cucumber, and tomato, all dressed with lemon and olive oil

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 740**

- | | | | | | |
|---|--|---|--|---|--|
| 
Bell Pepper* | 
Chickpeas | 
Persian Cucumber | 
Scallions | 
Lemon | 
Feta Cheese
(Contains: Milk) |
| 
Harissa Powder | 
Bulgur Wheat
(Contains: Wheat) | 
Roma Tomato | 
Dill | 
Sour Cream
(Contains: Milk) | |

*Your bell pepper may be orange, yellow, or red. No matter what the color, it will still be delicious!

START STRONG

If you have fresh parsley (or mint) on hand, feel free to chop up a handful and add it to your tabbouleh in step 5. The extra helping of herbs will make every bite feel like a party!

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Zester
- Small bowl
- Olive oil (11 tsp | 17 tsp)
- Whisk
- Large bowl
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient 2-person | 4-person

- Bell Pepper 1 | 2
- Chickpeas 13.4 oz | 26.8 oz
- Harissa Powder  1 TBSP | 1 TBSP
- Bulgur Wheat ½ Cup | 1 Cup
- Persian Cucumber 1 | 2
- Roma Tomato 1 | 2
- Scallions 2 | 4
- Dill ¼ oz | ½ oz
- Lemon 1 | 2
- Sour Cream 4 TBSP | 8 TBSP
- Feta Cheese ½ Cup | 1 Cup

WINE CLUB

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1 START PREP

Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry all produce.** Drain and rinse **chickpeas**; pat very dry with paper towels. Core, deseed, and dice **bell pepper** into ½-inch pieces.



4 FINISH PREP AND MAKE FETA DRESSING

While bulgur cooks, trim and finely dice **cucumber**. Finely dice **tomato**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Pick **dill** fronds from stems; discard stems and mince fronds. Zest and halve **lemon**. In a small bowl, whisk together **sour cream**, **2 TBSP feta** (¼ cup for 4 servings), and **1 TBSP olive oil**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.

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2 ROAST BELL PEPPER AND CHICKPEAS

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



5 MAKE TABBOULEH

Squeeze juice from **1 lemon half** (whole lemon for 4 servings) into a large bowl. Whisk in **2 TBSP olive oil** (¼ cup for 4), **lemon zest**, and **¼ tsp salt** (½ tsp for 4). If necessary, drain any excess water from **bulgur**; stir into bowl along with **cucumber**, **tomato**, **scallion whites**, **dill** (to taste; start with half and add more from there), and remaining **feta**. Taste and season with **salt** and **pepper**.



3 COOK BULGUR

Meanwhile, in a small pot, combine **bulgur**, **1 cup water**, **½ tsp harissa powder**, and **½ tsp salt**. (For 4 servings, combine bulgur with 2 cups water, 1 tsp harissa powder, and 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. Turn off heat; keep covered until ready to serve.



6 SERVE

Divide **tabbouleh** between bowls or plates. Top with roasted **bell pepper** and **chickpeas**. Drizzle with **feta dressing** and sprinkle with **scallion greens**. Cut remaining **lemon** into wedges and serve on the side.

LITTLE DIPPER

Love the briny feta dressing? Try making it again as a dip for fries or crudités.

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