



HALL OF FAME

# CRISPY CHICKPEA TABBOULEH BOWLS

with Creamy Feta Dressing



HELLO

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Meet one of our all-star recipes: a tried-and-true favorite chosen by home cooks like you!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 800



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

- Chickpeas 13.4 oz | 26.8 oz
- Bell Pepper 1 | 2
- 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 (top and middle positions for 4 servings) 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** and **tomato**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Pick and mince fronds from **dill**; discard stems. Zest and halve **lemon**. In a small bowl, whisk together **sour cream**, **2 TBSP feta** (4 TBSP 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**. Roast on top rack until bell pepper is softened and chickpeas are lightly browned, 18-20 minutes. (For 4, divide between 2 baking sheets; roast on top and middle racks.) **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** (4 TBSP 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 if desired), 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. Keep covered off heat until ready to use.



## 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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