



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: 860**

-  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
- Lemon 1 | 2
- Persian Cucumber 1 | 2
- Roma Tomato 1 | 2
- Scallions 2 | 4
- Dill ¼ oz | ½ oz
- Sour Cream 4 TBSP | 8 TBSP
- Feta Cheese ½ Cup | 1 Cup



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.** Core, deseed, and dice **bell pepper** into ½-inch pieces. Drain and rinse **chickpeas**; pat very dry with paper towels.



2 ROAST BELL PEPPER & 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; you'll use more in the next step), and **salt**. Roast on top rack until bell pepper is softened and chickpeas are lightly browned, 18-20 minutes. (For 4, use 2 baking sheets; roast on top and middle racks.) **TIP:** It's natural for chickpeas to pop a bit while roasting.



3 COOK BULGUR

While bell pepper and chickpeas roast, in a small pot, combine **bulgur**, **1 cup water**, **½ tsp harissa powder**, and **salt** (we used ½ tsp kosher salt). (For 4 servings, combine bulgur with 2 cups water, 1 tsp harissa powder, and 1 tsp kosher 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 in step 5.



4 FINISH PREP & MAKE FETA DRESSING

Meanwhile, zest and halve **lemon**. Trim and finely dice **cucumber** and **tomato**. Trim and thinly slice **scallions**, separating whites from greens; mince whites. Pick and mince fronds from **dill**. In a small bowl, whisk together **sour cream**, **2 TBSP feta** (4 TBSP for 4 servings; you'll use the rest later), and **1 TBSP olive oil**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.



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 **salt** (we used ¼ tsp kosher salt; ½ tsp for 4). If necessary, drain any excess water from **bulgur**, then stir into bowl along with **cucumber**, **tomato**, **scallion whites**, remaining **feta**, and **minced dill** to taste (start with half and add more from there if desired). Taste and season with **salt** and **pepper**.



6 SERVE

Divide **tabbouleh** between bowls. 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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