



CRISPY CHICKPEA TABBOULEH BOWLS

with Creamy Feta Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



13.4 oz | 26.8 oz
Chickpeas



1 TBSP | 1 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 1
Lemon



1 | 2
Persian Cucumber



1 | 2
Roma Tomato



2 | 2
Scallions



¼ oz | ¼ oz
Dill



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk

*The ingredient you received may be a different color.

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 | COOK: 30 MIN | CALORIES: 860



HERBALICIOUS

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
- Whisk
- Large bowl
- Kosher salt
- Black pepper
- Olive oil (**11 tsp** | **17 tsp**)

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



2 SEASON & ROAST

- 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**. (You'll use more harissa powder in the next step.) (**For 4, use 2 baking sheets; roast on top and middle racks.**)
- 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.**



3 COOK BULGUR

- While bell pepper and chickpeas roast, in a small pot, combine **bulgur**, **1 cup water**, **½ tsp harissa powder** (be sure to measure), and **salt** (we used ½ tsp). (**For 4 servings, use 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 in step 5.



4 FINISH PREP & MIX 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**), and **1 TBSP olive oil**. (You'll use the remaining feta in the next step.) 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** (**juice from 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). (**For 4, use ½ tsp salt.**)
- 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 any **remaining lemon** into wedges and serve on the side.