



# GREEK GODDESS BULGUR BOWLS

with Roasted Chickpeas, Harissa Hummus & Cucumber Feta Salad

## INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz  
Chickpeas



1 | 2  
Red Onion



1 TBSP | 2 TBSP  
Harissa Powder



½ Cup | 1 Cup  
Bulgur Wheat  
Contains: Wheat



1 | 2  
Persian Cucumber



4 oz | 8 oz  
Grape Tomatoes



¼ oz | ½ oz  
Dill



1.5 oz | 3 oz  
Greek Vinaigrette  
Contains: Eggs, Milk



½ Cup | 1 Cup  
Feta Cheese  
Contains: Milk



½ Cup | 1 Cup  
Hummus

## HELLO

### BULGUR

An ancient grain with satisfyingly chewy texture and earthy, nutty flavor



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 860



## SPICE UP YOUR LIFE

If you're as spice-obsessed as we are, you'll love harissa, a North African chili paste. Here, we use harissa powder to infuse bulgur, roasted chickpeas, and hummus with rich, smoky heat. If you're unfamiliar with the ingredient, try adding just a small pinch to your hummus in step 5, then give it a taste. Love it? Add more to your heart's content.

## BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Medium bowl
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)

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### 1 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. Peel, quarter, and thinly slice  $\frac{3}{4}$  of the **onion** (you'll use the remaining onion in step 4).
- **4 SERVINGS: Adjust racks to top and middle positions.**



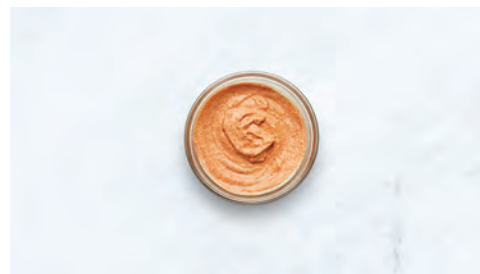
### 4 MAKE SALAD

- While bulgur cooks, trim and halve **cucumber** lengthwise; slice crosswise into  $\frac{1}{4}$ -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**.



### 2 ROAST ONION & CHICKPEAS

- Toss **sliced onion** and **chickpeas** on a baking sheet with a large drizzle of **olive oil**, **1 tsp harissa powder** (you'll use more in the next step), and **salt**.
- Roast on top rack until onion is softened and chickpeas are lightly browned, 18-20 minutes.
- **4 SERVINGS: Use 2 tsp harissa powder. Divide between 2 baking sheets; roast on top and middle racks.**
- **TIP: It's natural for chickpeas to pop a bit while roasting.**



### 5 MIX 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.**



### 3 COOK BULGUR

- Meanwhile, in a small pot, combine **bulgur**, **1 cup water**,  **$\frac{1}{2}$  tsp harissa powder** (you'll use more later), and **salt** (we used  $\frac{1}{2}$  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 serve.
- **4 SERVINGS: Combine bulgur with 2 cups water, 1 tsp harissa powder, and 1 tsp kosher salt.**



### 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.