



GREEK GODDESS BULGUR BOWLS

with Chickpeas, Harissa Hummus & Cucumber Feta Salad

INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz
Chickpeas



1 | 1
Red Onion



1 TBSP | 2 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 2
Persian Cucumber



1 | 2
Roma Tomato



¼ oz | ¼ oz
Dill



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



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



½ Cup | 1 Cup
Sabra® Classic
Hummus

HELLO

BULGUR

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



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

SABRA® CLASSIC HUMMUS



Sabra® Classic Hummus is a simple, flavorful blend of chickpeas, garlic, and tahini (made from toasted ground sesame seeds), which brings a creamy richness to this dish.



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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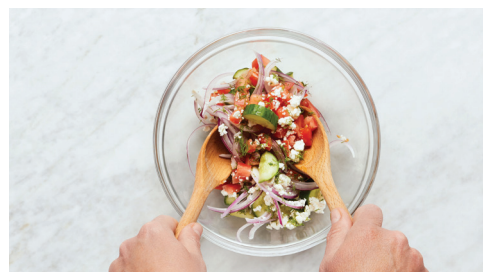
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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry all produce.**
- Peel, quarter, and thinly slice $\frac{3}{4}$ of the **onion** (you'll use remaining onion in step 4). Drain and rinse **chickpeas**; pat very dry with paper towels.



4 MAKE SALAD

- While bulgur cooks, trim and halve **cucumber** lengthwise; slice crosswise into $\frac{1}{4}$ -inch-thick half-moons. Dice **tomato**. Very thinly slice remaining **onion**. Pick and mince fronds from **dill**.
- In a medium bowl, toss together cucumber, tomato, 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** (**2 tsp for 4 servings**), and **salt**. (You'll use more harissa powder in the next step.) (**For 4, divide between 2 sheets; roast on top and middle racks.**)
- Roast on top rack until onion is softened and chickpeas are lightly browned, 18-20 minutes. **TIP: It's natural for chickpeas to pop a bit while roasting.**



5 FLUFF & MIX

- 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 the 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). (**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 serve.



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.