



# 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 | 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  
Hummus

## HELLO

### BULGUR

An ancient grain with fluffy 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
- Cooking oil (2 tsp | 2 tsp)

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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 produce.**
- Peel, quarter, and thinly slice **¾ of the onion (you'll use the remaining onion in step 4)**. Drain and rinse **chickpeas**; dry thoroughly with paper towels.



### 4 MAKE SALAD

- While bulgur cooks, trim and halve **cucumber** lengthwise; slice crosswise into ¼-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 oil**, **1 tsp harissa powder (2 tsp for 4 servings)**, and **salt**. (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 SEASON 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**, **½ tsp harissa powder (you'll use more later)**, and **salt (we used ½ tsp)**. (For 4 servings, use 2 cups water and 1 tsp harissa powder; we used 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.