



More than Food

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Ethiopian Chickpea & Kale Salad

with Berbere, Bulgur, and Sundried Tomato

Berberé, an Ethiopian spice blend, combines chili peppers, garlic, ginger, basil, fenugreek, and a variety of other spices. It lends a unique flavor to these crispy oven-roasted chickpeas. Adding tomato paste to the vinaigrette brings savory depth to a hearty kale salad.



35 min



level 1



vegan



Red Kale



Chickpeas



Bulgur



Sundried Tomatoes



Garlic



Shallot



Tomato Paste



Sherry Vinegar



Berberé Spice



Mint



Cilantro



Almonds, sliced

Ingredients

	2 People	4 People
Red Kale	12 oz	24 oz
Chickpeas	1 box	2 boxes
Bulgur ¹⁾	¾ C	1 ½ C
Sundried Tomatoes	1 ½ oz	3 oz
Garlic	2 cloves	4 cloves
Shallot	1	2
Tomato Paste	2 t	4 t
Sherry Vinegar	2 T	4 T
Berberé Spice	1 t	2 t
Mint	¼ oz	½ oz
Cilantro	¼ oz	½ oz
Almonds, sliced ²⁾	1 oz	2 oz
Olive Oil*	2 ½ T	5 T

*Not Included

Allergens

1) Wheat

2) Nuts

Tools

Baking Sheet, Medium Bowl, Large Bowl, Large Pot, Strainer, Whisk

Ruler

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Nutrition per person Calories: 793 cal | Carbs: 96 g | Fat: 31 g | Protein: 33 g | Fiber: 21 g | Sodium: 296 mg

Make sure to wash and dry produce before prepping or cooking!



1

1 Roast the chickpeas: Preheat the oven to 425 degrees. Drain and rinse the **chickpeas**. Smash one **garlic clove** with the flat of your knife. Toss the **chickpeas** on a baking sheet with the **berbere, smashed garlic, ½ Tablespoon olive oil**, and a large pinch of **salt and pepper**. Place in the oven and roast for 20-25 minutes, until golden brown and crispy.



3

2 Cook the bulgur: Bring **1 cup water** to a boil in a large pot of water with a pinch of **salt**. Once boiling, add the **bulgur** and reduce to a simmer for 10-12 minutes, until tender.

3 Prep the vegetables: Remove and discard the stems of the **kale**, then thinly slice the leaves. Thinly slice the **sundried tomatoes** (to taste, they have a strong flavor!). Mince or grate the remaining **garlic clove**. Mince the **shallot**. Chop the **cilantro** and **mint leaves**, keeping both separate.



5

4 Make the vinaigrette: In a medium bowl, whisk together the **sherry vinegar, minced garlic, cilantro, shallot** (to taste), **2 teaspoons tomato paste**, and **2 Tablespoons olive oil**. Season with **salt and pepper**.

Tip: To take the bite out of raw shallots, soak them in a bowl of warm water before adding them to the vinaigrette and/or let them marinate in the vinaigrette for more time.



7

5 In a large bowl, toss together the **kale, sundried tomatoes**, and **half the vinaigrette**. Massage the **kale** with your hands for 1-2 minutes, until slightly softened. Season with **salt and pepper**.

6 When the **chickpeas** are ready, toss them into the **kale** along with the **almonds and mint**.

7 When the **bulgur** is ready, toss it into the remaining **vinaigrette**. Season with **salt and pepper**.

8 Plate the **bulgur** and top with the **chickpea and kale salad**. Enjoy!