



GREEK GODDESS BULGUR BOWLS

with Roasted Chickpeas, Harissa Hummus & Cucumber Feta Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 | 2
Red Onion



1 TBSP | 2 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 2
Mini 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
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 1010



10 oz | 20 oz
Salmon
Contains: Fish

Calories: 1170



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 820



HELLO

HARISSA POWDER

Our easy-to-sprinkle version of the fiery North African chile paste

SPICE UP YOUR LIFE

Our harissa powder has rich, smoky heat. Unfamiliar? Add just a pinch to your hummus in Step 5, then taste it. Love it? Add to your heart's content!

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Medium bowl
- Small bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)

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*Chicken is fully cooked when internal temperature reaches 165°.

*Salmon is fully cooked when internal temperature reaches 145°.



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.**

- Pat **chicken*** or **salmon*** dry with paper towels; season with **salt** and **pepper**.
- Heat a **drizzle of oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken or salmon (**skin sides down**); cook chicken until browned and cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest.



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.
- Thinly slice **chicken** crosswise (**skip slicing salmon!**). Serve chicken or **salmon** atop bowls.