



GREEK GODDESS BULGUR BOWLS

with Chickpeas, Harissa Hummus & Cucumber Feta Salad

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 | 2
Shallot



1 TBSP | 2 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 2
Mini Cucumber



1 | 2
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
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: 1000



10 oz | 20 oz
Trout
Contains: Fish

Calories: 1200



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 810



HELLO

BULGUR

This hearty whole grain turns ultra-fluffy when cooked, plus it's a nutritional powerhouse with a variety of vitamins and minerals such as iron and calcium.

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
- Large pan 🍳 🍴
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp) 🍳 🍴

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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 shallot** (you'll use the remaining shallot in step 4). Drain and rinse **chickpeas**; dry thoroughly with paper towels.

- 🍳 Pat **chicken*** or **trout*** 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 trout (**skin sides down**); cook chicken until cooked through, 3-5 minutes per side, or cook trout until skin is crisp, 5-6 minutes, then flip and cook until opaque and cooked through, 4-6 minutes more. Transfer to a cutting board.



4 MAKE SALAD

- While bulgur cooks, trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch-thick half-moons. Dice **tomato**. Very thinly slice **remaining shallot**. 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 shallot. Season with **salt** and **pepper**.



2 ROAST SHALLOT & CHICKPEAS

- Toss **sliced shallot** 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 shallot is softened and chickpeas are lightly browned, 18-20 minutes. (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**. (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**, **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 **shallot** and **chickpeas** and **cucumber feta salad** on top in separate sections. Top with **remaining feta**. Sprinkle with **remaining minced dill** if desired and serve.

- 🍳 Slice **chicken** crosswise (skip slicing **trout!**); serve chicken or **trout** atop bowls.

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

🍳 *Trout is fully cooked when internal temperature reaches 145°.