



CRISPY CHICKPEA TABBOULEH BOWLS

with Creamy Feta Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Bell Pepper*



1 | 2
Chickpeas



1 TBSP | 1 TBSP
Harissa Powder



½ Cup | 1 Cup
Bulgur Wheat
Contains: Wheat



1 | 1
Lemon



1 | 2
Mini Cucumber



1 | 2
Tomato



2 | 2
Scallions



¼ oz | ¼ oz
Dill



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
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*The ingredient you received may be a different color.



HelloCustom

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



10 oz | 20 oz
Shrimp
Contains: Shellfish

Calories: 930



10 oz | 20 oz
Diced Skinless Dark
Meat Chicken

Calories: 990



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



HELLO



TABBOULEH

Our fresh spin on this traditional herby salad swaps parsley for dill.

HERBALICIOUS

If you have fresh parsley or mint on hand, feel free to chop up a handful and add it to your tabbouleh in Step 5.

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Zester
- Small bowl
- Whisk
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Olive oil (11 tsp | 17 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 START PREP

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Core, deseed, and dice bell pepper into ½-inch pieces. Drain and rinse chickpeas; pat very dry with paper towels.





2 SEASON & ROAST

- Toss bell pepper 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 baking sheets; roast on top and middle racks.)
- Roast on top rack until bell pepper is softened and chickpeas are lightly browned, 18-20 minutes. (It's natural for chickpeas to pop a bit while roasting.)



3 COOK BULGUR

- While bell pepper and chickpeas roast, in a small pot, combine bulgur, 1 cup water, ½ tsp harissa powder (be sure to measure), and salt (we used ½ tsp). (For 4 servings, use 2 cups water, 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 use in step 5.

-  While bulgur cooks, rinse shrimp* under cold water; pat dry with paper towels.
-  Open package of chicken* and drain off any excess liquid. Season shrimp or chicken all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add shrimp or chicken and cook, stirring occasionally, until cooked through, 4-6 minutes.



4 FINISH PREP & MIX DRESSING

- Meanwhile, zest and halve lemon. Trim and finely dice cucumber and tomato. Trim and thinly slice scallions, separating whites from greens; mince whites. Pick and mince fronds from dill.
- In a small bowl, whisk together sour cream, 2 TBSP feta (4 TBSP for 4 servings), and 1 TBSP olive oil. (You'll use the remaining feta in the next step.) Add water 1 tsp at a time until mixture reaches a drizzling consistency. Season with salt and pepper.





5 MAKE TABBOULEH

- Squeeze juice from one lemon half (juice from whole lemon for 4 servings) into a large bowl. Whisk in lemon zest, 2 TBSP olive oil (4 TBSP for 4), and salt (we used ¼ tsp; ½ tsp for 4).
- If necessary, drain any excess water from bulgur, then stir into bowl along with cucumber, tomato, scallion whites, remaining feta, and minced dill to taste (start with half and add more from there if desired). Taste and season with salt and pepper.



6 SERVE

- Divide tabbouleh between bowls. Top with roasted bell pepper and chickpeas. Drizzle with feta dressing and sprinkle with scallion greens. Cut any remaining lemon into wedges and serve on the side.

-  Serve shrimp or chicken atop bowls.
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*Shrimp are fully cooked when internal temperature reaches 145°.

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