



# GREEK GODDESS BULGUR BOWLS

with Chickpeas, Harissa Hummus & Cucumber Feta Salad

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Shallot



1 | 2  
Chickpeas



1 TBSP | 2 TBSP  
Harissa Powder



½ Cup(s) | 1 Cup(s)  
Bulgur Wheat  
Contains: Wheat



1 | 2  
Mini Cucumber



1 | 2  
Tomato



¼ oz | ¼ oz  
Dill



1½ oz | 3 oz  
Greek Vinaigrette  
Contains: Milk, Eggs



½ Cup(s) | 1 Cup(s)  
Feta Cheese  
Contains: Milk



½ Cup(s) | 1 Cup(s)  
Hummus  
Contains: Sesame



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.



## 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: 940



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 1100



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



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

We use North African harissa powder to infuse rich, smoky heat. If you're unfamiliar with it, add just a small pinch to the hummus in Step 5. Love it? Add more!

### BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small pot
- Medium bowl
- Small bowl
- Kosher Salt
- Olive Oil
- Black Pepper

### 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.*

### HOW WAS YOUR MEAL?



Scan here to rate your recipe!



Share your #HelloFreshPics with us @HelloFresh



### 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 **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 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.



### 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 **salmon!**); serve chicken or **salmon** atop bowls.

\*Poultry is fully cooked when internal temperature reaches 165°.

\*Fish is fully cooked when internal temperature reaches 145°.