



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



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THERE TOO. SCAN HERE TO GET HELP!

*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
Chicken Cutlets

Calories: 990



10 oz | 20 oz
Organic Chicken Cutlets

Calories: 990



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



HELLO





TABBOULEH

An herby salad starring bulgur, dill, cucumber, and tomato.

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)  

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



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, pat **chicken*** or  **organic chicken*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken to hot pan. Cook until browned and cooked through, 3-5 minutes per side.



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.
-  Thinly slice **chicken** or  **organic chicken**
-  crosswise; serve atop bowls.