



# CHICKPEA-POWERED MEDITERRANEAN BULGUR

with Zucchini & Grape Tomatoes

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



4 oz | 8 oz  
Grape Tomatoes



¼ oz | ¼ oz  
Thyme



1 Clove | 2 Cloves  
Garlic



2 | 2  
Scallions



1 | 1  
Lemon



1 | 1  
Chickpeas



1 tsp | 2 tsp  
Smoked Paprika



½ Cup | 1 Cup  
Bulgur  
Contains: Wheat



1 | 2  
Veggie Stock  
Concentrate



½ Cup | 1 Cup  
Feta Cheese  
Contains: Milk



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10 oz | 20 oz  
Chicken Cutlets

Calories: 750



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 910



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 560



HELLO

### CRISPY CHICKPEAS

Roasting makes these protein-packed legumes super crunchy.

### BOAST ABOUT TOAST

When toasting bulgur in Step 4, stir until grains are evenly coated in butter and lightly golden.

Toasting adds nuttiness and savory flavor.

### BUST OUT

- 2 Baking sheets
- Medium pot
- Strainer
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Cooking oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)  
Contains: Milk

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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 racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and dice **zucchini** into ½-inch pieces. Halve **tomatoes**. Strip **thyme leaves** from stems. Peel and mince **garlic**. Trim and thinly slice **scallions**, separating whites from greens. Halve **lemon**.



### 4 TOAST BULGUR

- While chickpeas roast, heat **1 TBSP butter** (2 TBSP for 4 servings), **garlic**, and **scallion whites** in a medium pot over medium-high heat; cook until butter melts and garlic is fragrant, 1 minute.
- Add **bulgur** and **remaining thyme leaves**; stir to coat. Season with **salt** and **pepper**. Cook, stirring, until bulgur is lightly toasted, 1-2 minutes.



### 2 ROAST VEGGIES

- Toss **zucchini, tomatoes**, and **half the thyme leaves** on a baking sheet with a **drizzle of olive oil**. Season with **salt** and **pepper**.
- Roast on middle rack, tossing halfway through, until tender, 15-20 minutes.



### 5 COOK BULGUR

- Add **stock concentrate** and **1 cup water** (2 cups for 4 servings) to pot with **bulgur**. Bring to a boil, then cover and reduce heat to low. Cook until bulgur is tender, 12-15 minutes.
- While bulgur cooks, pat **chicken\*** or **salmon\*** dry with paper towels; season all over 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 to rest.



### 3 ROAST CHICKPEAS

- Meanwhile, drain and rinse **chickpeas**; dry thoroughly with paper towels. On a second baking sheet, toss half the chickpeas (**all for 4 servings**) with a **large drizzle of olive oil, paprika**, and a **pinch of salt and pepper**.
- Roast on top rack, tossing halfway through, until crisp, 18-20 minutes. **(It's natural for chickpeas to pop a bit while roasting.)**



### 6 FINISH & SERVE

- Add **half the veggies, half the feta**, and a **squeeze of lemon juice** to pot with **bulgur**; stir to combine. Season with **salt** and **pepper**.
- Divide between plates or shallow bowls; top with **chickpeas** and remaining veggies. Garnish with **scallion greens** and remaining feta. Serve.
- Slice **chicken** crosswise or shred **salmon** with two forks. Stir half into pot with **bulgur**; top with remaining.