



# Chickpea Bulgur & Greek Salad Bowl

with Cherry Tomatoes & Fetta

MEDITERRANEAN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Bulgur Wheat



Vegetable Stock Powder



Cucumber



Snacking Tomatoes



Carrot



Chickpeas



Green Dressing



Parsley



Mediterranean Seasoning



Tomato Paste



Fetta Cubes



Chicken Breast

Prep in: 15-25 mins  
Ready in: 25-35 mins



Calorie Reduced\*  
*\*Custom recipe is not Calorie Reduced*



Eat Me Early\*

*\*Custom Recipe only*

To amp things up a notch, we've swapped your standard rice for bulgur wheat; a light and nutty grain hailing from the Mediterranean. You've also got yourself some hearty chickpeas, Greek salad with fetta, which are major flavour powerhouses that give you a light, bright and tasty dish!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
bulgur wheat	1 medium packet	2 medium packets
<b>water* (for the bulgur wheat)</b>	1¼ cups	2½ cups
vegetable stock powder	1 large sachet	2 large sachets
cucumber	1	2
snacking tomatoes	1 medium packet	2 medium packets
carrot	1	2
chickpeas	1 medium packet	2 medium packets
green dressing	1 medium packet	1 large packet
parsley	1 packet	1 packet
Mediterranean seasoning	1 medium sachet	2 medium sachets
tomato paste	1 medium packet	1 large packet
<b>water* (for the chickpeas)</b>	½ cup	1 cup
fetta cubes	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2092kJ (500Cal)	395kJ (94Cal)
Protein (g)	21.7g	4.1g
Fat, total (g)	11g	2.1g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	71.4g	13.5g
- sugars (g)	14.2g	2.7g
Sodium (mg)	2253mg	425mg
Dietary Fibre (g)	20.3g	3.8g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2805kJ (670Cal)	404kJ (97Cal)
Protein (g)	58.3g	8.4g
Fat, total (g)	13.4g	1.9g
- saturated (g)	4g	0.6g
Carbohydrate (g)	71.6g	10.3g
- sugars (g)	14.2g	2g
Sodium (mg)	2324mg	334mg
Dietary Fibre	20.5g	2.9g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Make the bulgur

- Heat a medium saucepan over medium-high heat. Add **bulgur wheat**, the **water (for the bulgur wheat)** and **vegetable stock powder**, stir and bring to the boil.
- Cover with a lid and reduce heat to low.
- Cook for **10 minutes**, then remove pan from the heat and keep covered until bulgur wheat is tender and the water is absorbed, **10-12 minutes**.

**TIP:** The bulgur wheat will finish cooking in its own steam, so don't peek!

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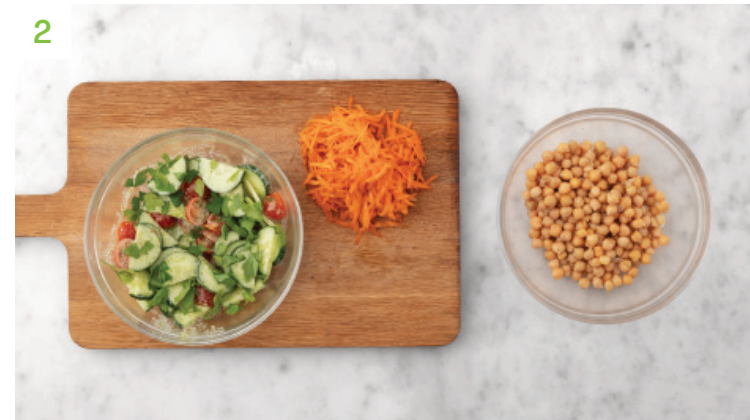


## Cook the chickpeas

- When bulgur has **5 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **chickpeas**, stirring, until tender, **2-3 minutes**.
- Add **Mediterranean seasoning** and **tomato paste** and cook, stirring, until fragrant, **1-2 minutes**.
- Stir in the **water (for the chickpeas)** and simmer until slightly thickened, **1-2 minutes**.

**Custom Recipe:** Cook chicken with carrot, tossing, until cooked through (when no longer pink inside), 4-5 minutes. Continue as above.

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## Get prepped

- Meanwhile, thinly slice **cucumber** into half-moons.
- Halve **snacking tomatoes**.
- Grate **carrot**.
- Drain and rinse **chickpeas**.
- In a medium bowl, place **cucumber**, **snacking tomatoes**, **green dressing** and a drizzle of **olive oil**. Tear over **parsley**. Season and toss to combine.

**Custom Recipe:** If you've added chicken breast, drain and rinse only half the chickpeas. Cut chicken into 2cm chunks.

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## Serve up

- Divide bulgur between bowls.
- Top with chickpeas and Greek salad.
- Crumble over **fetta cubes** to serve. Enjoy!

**Custom Recipe:** Top bulgur with Mediterranean chickpeas, chicken and Greek salad.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)