



# Mediterranean Chickpea Bulgur Bowl

with Cherry Tomato Salad & Fetta

CLIMATE SUPERSTAR

MEDITERRANEAN



Grab your Meal Kit with this symbol



Bulgur Wheat



Vegetable Stock Powder



Cucumber



Snacking Tomatoes



Carrot



Chickpeas



Green Dressing



Parsley



Garlic & Herb Seasoning



Tomato Paste

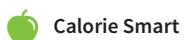


Fetta Cubes



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins



Calorie Smart



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, tomato salad and 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 packet	2 packets
<b>water*</b> (for the bulgur wheat)	1¼ cups	2½ cups
vegetable stock powder	1 large sachet	2 large sachets
cucumber	1	2
snacking tomatoes	1 punnet	2 punnets
carrot	1	2
chickpeas	1 packet	2 packets
green dressing	1 medium packet	1 large packet
parsley	1 bag	1 bag
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
tomato paste	1 packet	1 packet
<b>water*</b> (for the chickpeas)	½ cup	1 cup
fetta cubes	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2138kJ (511Cal)	379kJ (91Cal)
Protein (g)	21.9g	3.9g
Fat, total (g)	10.9g	1.9g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	74.4g	13.2g
- sugars (g)	16.1g	2.9g
Sodium (mg)	1856mg	329mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2355kJ (562Cal)	404kJ (96Cal)
Protein (g)	46.5g	8g
Fat, total (g)	13.6g	2.3g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	60.5g	10.4g
- sugars (g)	15g	2.6g
Sodium (mg)	1772mg	304mg

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://www.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



1



## Make the bulgur

- Heat a medium saucepan over medium-high heat. Add **bulgur wheat**, the **water (for the bulgur wheat)** and half the **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!

3

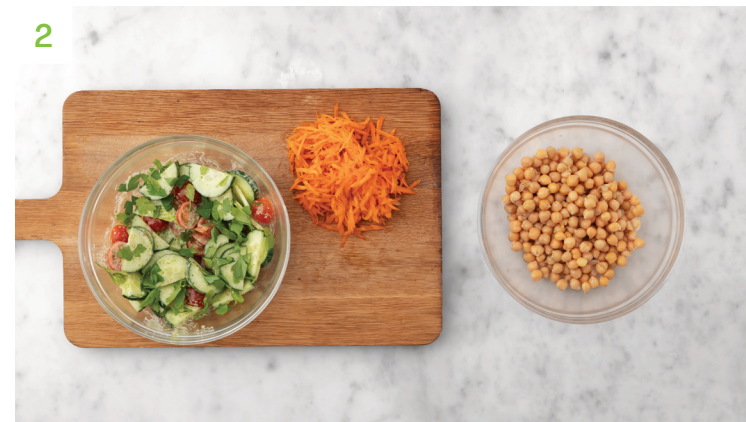


## Cook the chickpeas

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

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

2



## 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 breast into 2cm chunks.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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