



Greek-Style Chickpea Bulgur Bowl

with Cherry Tomato Salad & 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: 20-30 mins
Ready in: 25-35 mins



Calorie Smart[^]

[^]Custom recipe is not 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
olive oil*	refer to method	refer to method
bulgur wheat	1 packet	2 packets
water* (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
Mediterranean seasoning	1 medium sachet	2 medium sachets
tomato paste	1 packet	1 packet
water* (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)	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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2807kJ (671Cal)	404kJ (97Cal)
Protein (g)	58.3g	8.4g
Fat, total (g)	13.5g	1.9g
- saturated (g)	4g	0.6g
Carbohydrate (g)	71.5g	10.3g
- sugars (g)	14.2g	2g
Sodium (mg)	2323mg	334mg

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 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 **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

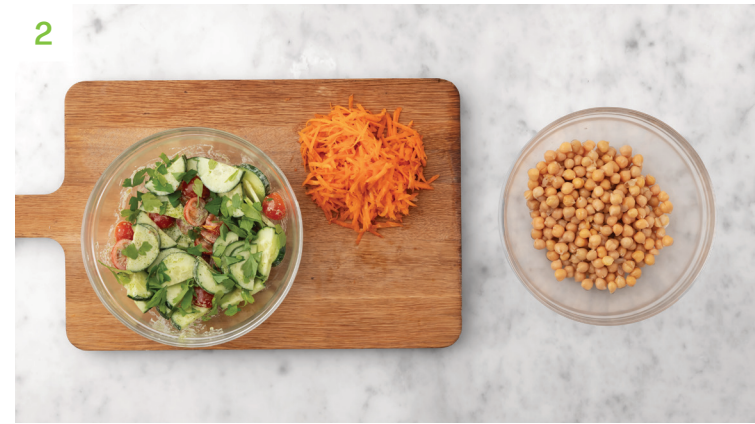


Cook the chickpeas

- When bulgur has **5 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** 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.

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 into 2cm chunks.

4



Serve up

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

Custom Recipe: Top bulgur with Greek-style chickpeas, pan-fried chicken and cherry tomato salad.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate