



Greek Inspired Bulgur and Chickpea Jumble

with Feta and Courgette Ribbons

N° 16

RAPID 20 Minutes • 3.5 of your 5 a day • Veggie



Red Onion



Sun Dried Tomatoes



Lemon



Mint



Chickpeas



Vegetable Stock Powder



Bulgur Wheat



Premium Tomatoes



Courgette



Feta Cheese



Rocket

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Sieve, Saucepan and Vegetable Peeler.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Sun Dried Tomatoes**	30g	40g	60g
Lemon**	½	1	1
Mint**	1 bunch	1 bunch	1 bunch
Chickpeas	1 carton	1½ carton	2 cartons
Water for the Bulgur	240ml	360ml	480ml
Vegetable Stock Powder (10)	1 sachet	2 sachets	2 sachets
Bulgur Wheat (13)	120g	180g	240g
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Courgette**	1	1½	2
Feta Cheese (7)**	1 block	1½ blocks	2 blocks
Rocket**	1 bag	1 bag	1 bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	538g	100g
Energy (kJ/kcal)	2565 /613	477 /114
Fat (g)	17	3
Sat. Fat (g)	9	2
Carbohydrate (g)	79	15
Sugars (g)	20	4
Protein (g)	29	5
Salt (g)	3.39	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk (10) Celery (13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Prep Time

- Halve, peel and chop the **red onion** into small pieces.
- Roughly chop the **sun-dried tomatoes**. Zest and halve the **lemon**.
- Pick the **mint leaves** from their stalks and roughly chop (discard the **stalks**).
- Drain and rinse the **chickpeas**.



4. Salad Time

- Meanwhile, halve the **tomatoes**.
- Trim the **courgette**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **courgette**. Stop when you get to the spongy centre (discard the centre).
- Pop the **courgette ribbons** in a bowl and season with **salt** and **pepper**.
- Add a splash of **olive oil** and a squeeze of **lemon juice**. Toss to dress the **courgette** and keep to one side.



2. Start the Bulgur

- Heat a splash of **oil** in a saucepan over medium-high heat.
- When hot, add the **red onion** and **sundried tomatoes**.
- Add a splash of **water**, stir and cook until softened, 2-3 mins.



5. Finish the Bulgur

- When the **bulgur wheat** is cooked, remove the lid and stir through the fresh **tomatoes** and chopped **mint**.
- Add a pinch of **lemon zest** and a good squeeze of **lemon juice**.
- Taste and add more **salt**, **pepper** and **lemon** to taste.



3. Add the Water

- Pour the **water** for the bulgur wheat (see ingredients for amount) into the pan along with the **stock powder** and **bulgur wheat**. Stir and bring to the boil.
- Stir in the **chickpeas**, bring back to the boil and simmer for 1 minute.
- Pop a lid on the pan. Remove from the heat and leave to the side for 12-15 mins or until ready to serve.



6. Serve!

- Share the **bulgur jumble** between your bowls and crumble over the **feta**.
- Top with the **rocket** leaves and a neatly arranged portion of **courgette ribbons**.
- Finish with a drizzle of **olive oil**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.