



Roasted Chickpea and Broccoli Salad with a lemon yoghurt dressing

Veggie Calorie Smart 20 – 25 mins • Optional spice

14



Bulgur Wheat



Bell Pepper



Mint



Garlic



Chickpeas



Baby Spinach



Lemon



Middle Eastern Style Spice Mix



Broccoli



Vegetable Stock



Dried Chilli Flakes



Yoghurt

Pantry Items: Salt, Pepper, Oil, Water, Sugar



Rate your recipe!

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pot with lid, sieve, zester

Ingredients

	2P	4P
Bulgur Wheat	120 g	240 g
Bell Pepper	1 unit	2 units
Mint	5 g	10 g
Garlic	1 unit	2 units
Chickpeas	1 pack	2 packs
Baby Spinach	60 g	120 g
Lemon	1 unit	2 units
Middle Eastern Style Spice Mix	2 sachets	4 sachets
Broccoli	1 unit	1 unit
Vegetable Stock	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Yoghurt	75 g	150 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	602 g	100 g
Energy (kJ/kcal)	2382 kJ/ 569 kcal	396 kJ/ 95 kcal
Fat (g)	9.6 g	1.6 g
Sat. Fat (g)	2.3 g	0.4 g
Carbohydrate (g)	90.2 g	15 g
Sugars (g)	13.6 g	2.3 g
Protein (g)	29.1 g	4.8 g
Salt (g)	2.7 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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

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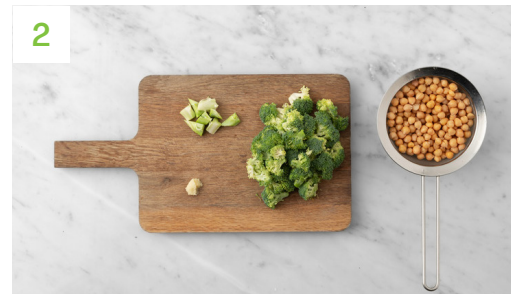
You can recycle me!



Cook the Bulgur

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Boil 240ml **water** (double for 4p) in a large pot.
- Once boiling, stir in the **bulgur** and **stock**, bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Keep covered for 12-15 mins (or until ready to serve).

TIP: If you're in a hurry you can boil the water in your kettle.



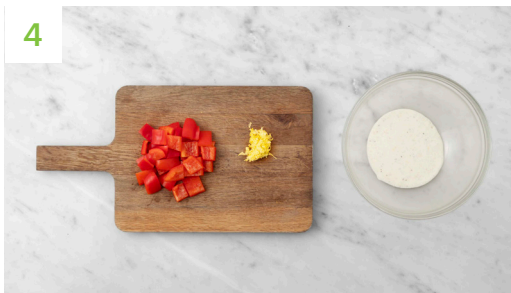
Get Prepped

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **chickpeas** in a sieve.
- Chop the **broccoli** into small florets.



Roast the Chickpeas

- Arrange the **chickpeas** and **broccoli** on a lined baking tray.
- Toss with ½ tsp **salt**, 2 tbsp **oil** (double both for 4p), **Middle Eastern spice mix** and **chilli flakes** (use less if you don't like spice).
- Bake on the top shelf of the oven until the **broccoli** is tender, 10-15 mins. Turn the tray halfway through.



Make the Dressing

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Pick the **mint** leaves and roughly chop (discard the stalks).
- Zest then juice the **lemon**.
- In a large bowl for the salad, mix together the **yoghurt**, **lemon** zest, **garlic**, 1 tbsp **lemon** juice, ½ tsp **salt**, ½ tsp **sugar** and 2 tbsp **oil** (double all for 4p).
- Season to taste with **salt** and **pepper**.



Toss the Salad

- Add the **bulgur**, **broccoli**, **bell pepper**, **spinach**, **mint** and **half** the **chickpeas** to the bowl with the **lemon yoghurt** dressing.
- Toss together until everything is evenly distributed and coated in the dressing.
- Taste and season with **salt** and **pepper**, if required.



Finish and Serve

- Divide your **chickpea** and **broccoli** salad between bowls.
- Scatter the remaining **chickpeas** over the top.
- Finish off with as much of the remaining **lemon** juice as you like.

Enjoy!