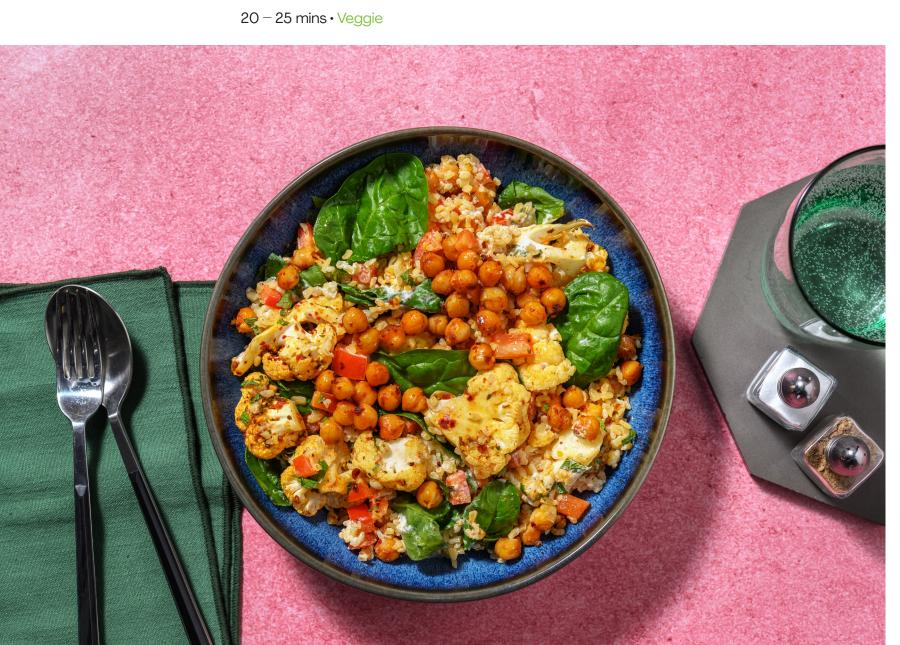


Roasted Chickpea and Cauliflower Salad

with bulgur wheat and lemony tahini dressing













Chickpeas





Baby Spinach





Middle Eastern Style Spice Mix









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



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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
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
Cauliflower	300 g	600 g
Stock	1 sachet	2 sachets
Yoghurt	75 g	150 g
Tahini	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	667.5 g	100 g
Energy (kJ/kcal)	2783 kJ/ 665 kcal	417 kJ/ 100 kcal
Fat (g)	16.6 g	2.5 g
Sat. Fat (g)	3.8 g	0.6 g
Carbohydrate (g)	93.6 g	14 g
Sugars (g)	17.1 g	2.6 g
Protein (g)	30.8 g	4.6 g
Salt (g)	5.2 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Bulgur

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Boil 240ml water (per 2P) 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 cauliflower into small florets.



Roast the Chickpeas

- Arrange the chickpeas and cauliflower on a lined baking tray.
- Toss with ½ tsp salt (per 2P), 2 tbsp oil (per 2P) and Middle Eastern spice mix.
- Bake on the top shelf of the oven until the cauliflower 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, tahini, lemon zest, garlic, ½ tsp salt (per 2P) and ½ tsp sugar (per 2P) and a drizzle of oil.
- Add lemon juice to taste, 1 tsp at a time. Season to taste with salt and pepper.



Toss the Salad

- Add the bulgur, cauliflower, 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 cauliflower salad between bowls.
- Scatter the remaining **chickpeas** over the top.
- Finish off with as much of the remaining lemon juice as you like.

Enjoy!