



Roasted Chickpea Grain Bowl

with Dill-Yogurt Dressing



30-40min



2 Servings

Bulgur is an ancient whole wheat grain that has been "cracked" and par-cooked before being dried. It is super hearty thanks to its high fiber content. Its nutty wheat flavor makes it the perfect base for grain bowls and salads.

What we send

- canned chickpeas
- quick-cooking bulgur ¹
- ground cumin
- red radishes
- baby spinach
- lime
- fresh dill
- garlic
- Greek yogurt ⁷

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- fine-mesh sieve
- microplane or grater
- rimmed baking sheet
- saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 31g, Carbs 103g, Proteins 31g



1. Roast chickpeas

Preheat oven to 425°F with a rack in the lower third. Rinse and drain **chickpeas**; wrap in a clean kitchen towel to remove excess water. On a rimmed baking sheet, toss chickpeas with **1 tablespoon oil, 2 teaspoons cumin, ½ teaspoon salt, and a few grinds pepper**. Roast, shaking baking sheet a few times, until chickpeas are golden and crisp, 20-25 minutes.



4. Make dressing

Finely chop **dill fronds and tender stems** together. Into a medium bowl, finely grate **1 teaspoon lime zest** and squeeze **1½ teaspoons juice**. Whisk in **½ cup of the yogurt, remaining garlic, 1 tablespoon each oil and water, 2 teaspoons of the dill, ¼ teaspoon salt, a few grinds pepper, and a pinch of sugar**.



2. Cook bulgur

Peel and finely chop **1 teaspoon garlic**. Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **bulgur** and ½ teaspoon of the garlic. Cook until fragrant and bulgur is lightly toasted, 1-2 minutes. Add **1½ cups water and ¼ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender and water is absorbed, 10-12 minutes.



5. Finish salad

To the large bowl with **radishes**, add **spinach** and **1 tablespoon oil**, and toss to combine.



3. Pickle radishes

Meanwhile, trim ends from **radishes**, then thinly slice. In a large bowl, combine **1 tablespoon vinegar**, and a **pinch each sugar and salt**. Add radishes and toss to combine. Let pickle until step 6. Once **bulgur** is cooked, fluff with a fork, and spread out on a second rimmed baking sheet to cool until step 6.



6. Assemble & serve

Spoon **cooked bulgur, roasted chickpeas, and spinach salad** into bowls. Drizzle **dressing** and sprinkle **remaining dill** on top. Enjoy!