



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

- 1 can chickpeas
- ¼ oz ground cumin
- garlic
- 4 oz quick-cooking bulgur ¹
- 2 oz red radishes
- ¼ oz fresh dill
- 1 lime
- 4 oz Greek yogurt ⁷
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

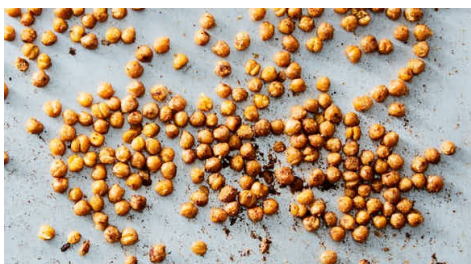
- 2 rimmed baking sheets
- small saucepan
- microplane or grater

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 32g, Carbs 74g, Protein 23g



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** and season with **salt**, and **pepper**. Roast on lower oven rack, shaking baking sheet a few times, until chickpeas are golden and crisp, 20-25 minutes (watch closely).



4. Make dressing

Finely chop **dill fronds and stems**. Into a medium bowl, finely grate **1 teaspoon lime zest** and squeeze **1½ teaspoons juice**. Whisk in **⅓ cup of the yogurt**, **remaining garlic**, **1 tablespoon each of oil and water**, **2 teaspoons of the dill**, and **a pinch of sugar**. Season to taste with **salt** and **pepper**.



2. Cook bulgur

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