



Greek Grain Salad with Chicken

Marinated Chickpeas & Feta



ca. 20min



2 Servings

This might be our new favorite mash-up—grain bowl meets Greek salad. Hearty quick-cooking bulgur acts as the base of the bowl, while green bell peppers, cucumbers, and tomatoes add freshness to perfectly complement seared chicken strips. But the real treat here is marinating the chickpeas, olives, and feta with oregano and bright lemon zest. It takes these traditional Greek ingredients to the next level.

What we send

- 4 oz quick-cooking bulgur ²
- 1 shallot
- 1 lemon
- 2 (1 oz) Castelvetrano olives
- 15 oz can chickpeas
- ¼ oz dried oregano
- 1 green bell pepper
- 1 cucumber
- 1 tomato on the vine
- 10 oz pkg chicken breast strips
- 2 (2 oz) feta ¹

What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

Tools

- small saucepan
- microplane or grater
- microwave
- medium skillet

Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 52g, Carbs 90g, Protein 60g



1. Cook bulgur

Heat **2 teaspoons oil** in a small saucepan over medium-high. Add **bulgur** and cook, stirring, until lightly toasted, 1-2 minutes. Add **1 ¼ cups water** and **½ teaspoon salt**; bring to a boil. Reduce heat to low, cover, and cook until bulgur is tender and water is absorbed, about 12 minutes.



4. Make salad

Whisk **2 tablespoons vinegar** into **remaining infused oil**.

Halve **pepper**, discard stem and seeds, and cut into 1-inch pieces. Peel **cucumber**, remove seeds, and cut into 1-inch pieces. Quarter **tomato** lengthwise, then cut crosswise into 1-inch pieces. Transfer veggies to a medium bowl; toss with **a squeeze of lemon juice** and **a pinch each of salt and pepper**.



2. Prep ingredients

Finely chop **¼ cup shallot**. Finely grate **all of the lemon zest**; cut lemon into wedges. Coarsely chop **olives**, removing any pits. Drain and rinse **chickpeas**. Transfer **chickpeas, olives, and chopped shallots** to a medium bowl.



5. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



3. Infuse oil

In a small microwave-safe bowl, combine **¼ cup oil** and **1 teaspoon oregano**. Microwave until oil is sizzling, about 90 seconds. Carefully stir in **lemon zest**, then return to microwave, and heat for 30 seconds more. Stir **3 tablespoons of the infused oil** into bowl with **chickpeas**; toss to combine. Season to taste with **salt** and **pepper**. Set aside to marinate until step 6.



6. Finish & serve

Fluff **bulgur** with a fork, then spoon onto plates. Top with **marinated chickpeas and any juices, chicken, and salad**. Spoon **dressing** over top. Cut each piece of **feta** on a diagonal into 2 large triangles, then place on top of salad; drizzle with **oil** and sprinkle with **pepper**. Serve with **lemon wedges** on the side for squeezing over. Enjoy!