





Greek Grain Salad

with Marinated Chickpeas & Feta

 ca. 20min  2 Servings

This might be our new favorite mash-up—grain bowl meets Greek salad. Hearty quick-cooking bulgar acts as the base of the bowl, while green bell peppers, cucumbers, and tomatoes add freshness. 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 ¹
- 1 shallot
- 1 lemon
- 2 (1 oz) Kalamata olives
- 15 oz can chickpeas
- ¼ oz dried oregano
- 1 green bell pepper
- 1 cucumber
- 1 plum tomato
- 2 (1.4 oz) feta cheese ⁷

What you need

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

Tools

- small saucepan
- microplane or grater
- microwave

Cooking tip

No microwave? For step 3, heat ¼ cup oil and 1 teaspoon oregano in a small skillet over medium-high. Cook until oil is sizzling, 1-2 minutes. Stir in lemon zest; remove from heat.

Allergens

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

Nutrition per serving

Calories 810kcal, Fat 52g, Carbs 91g, Protein 28g



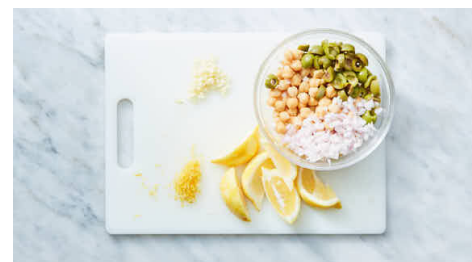
1. Cook bulgur

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. Marinate chickpeas

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



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. Make salad

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**.



3. Infuse oil

In a small 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.



6. Finish & serve

Fluff **bulgur** with a fork, then spoon onto plates. Top with **marinated chickpeas** and **any juices** 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!