



**GREEN
CHEF**

CHICKPEA & RED PEPPER BULGUR BOWLS

kale, tomato, olives, lemon, red pepper hummus, schug sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

680

MENU

VEGAN // MEDITERRANEAN

Roasted red peppers pack sweet and savory notes into multiple layers of these bowls. First, they're added alongside bulgur wheat for fluffy, flavorful grains. They're also featured in hummus, which adds lushness and creaminess to the bowls. Roasted chickpeas (seasoned with paprika, garlic, and oregano) top a kale salad featuring tomato, Kalamata olives, scallion, and lemon dressing. A drizzle of schug sauce finishes off these bright, hearty bowls. Psst—don't forget a squeeze of lemon juice for more tangy flavor on top.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (12 ITEMS)

½ cup	Bulgur wheat <small>W</small>
1 whole	Vegetable stock concentrate
1 oz	Roasted red peppers
13¼ oz	Garbanzo beans (chickpeas)
1 tsp	Paprika, garlic & oregano
1 whole	Lemon
2¾ oz	Green kale
1 whole	Scallion
1 whole	Roma tomato
⅓ oz	Kalamata olives
4 oz	Roasted red pepper hummus
2¼ oz	Schug sauce

WHAT YOU'LL NEED

small pot with lid
baking sheet
mixing bowls
measuring cup & spoons
whisk
strainer
microplane
oven mitt
cooking & olive oils
1 tsp sweetener
salt & pepper

ALLERGENS

W WHEAT

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK BULGUR

- Preheat oven to 425 degrees.
- Bring **bulgur wheat**, 1 cup water, **vegetable stock concentrate**, and **roasted red peppers** to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer until water has absorbed and bulgur is tender, 12-15 minutes.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 SEASON & ROAST CHICKPEAS

- Strain and rinse **garbanzo beans (chickpeas)**.
- Place **chickpeas** in a medium bowl. Drizzle with enough cooking oil to coat. Season with **paprika, garlic, and oregano**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **chickpeas** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18-22 minutes, or until slightly crispy, stirring halfway through.



3 PREP

- Zest half the **lemon** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lemon**.
- Remove and discard any thick center stems* from **green kale****. Roughly chop leaves into bite-size pieces.
- Trim and thinly slice **scallion**.
- Medium dice **Roma tomato** into pieces, about ½ inch each.
- Roughly chop **kalamata olives**.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

***The ingredient you received may be a different color.*



4 MAKE DRESSING & MASSAGE KALE

- Squeeze juice from two **lemon wedges** over a large bowl. Add 1 tablespoon olive oil and 1 teaspoon of your preferred sweetener. Whisk to combine. Season with salt and pepper to taste.
- Add **kale** to bowl with **dressing**. Lightly season with salt. Massage until leaves soften.



5 MAKE SALAD

- Add **scallion, tomato, olives**, and a pinch of **lemon zest** to bowl with **kale**. Toss to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **salad** between bowls. Pile **chickpeas** on one side of each bowl. Spoon **roasted red pepper hummus** and **red pepper bulgur** on opposite side of each bowl. Drizzle with **schug sauce**. Serve with remaining **lemon wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (458g)

Amount per serving

Calories 680

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1180mg	51%
Total Carbohydrate 86g	31%
Dietary Fiber 21g	75%
Total Sugars 14g	
Includes 5g Added Sugars	10%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 147mg	10%
Iron 6mg	35%
Potassium 1060mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Bulgur Wheat [bulgur wheat], **Roasted Red Peppers** [bell pepper], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Green Kale**, **Roma Tomatoes**, **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Scallions**, **Roasted Red Pepper Hummus** [cooked chickpeas (chickpeas, water), roasted red bell pepper, canola oil, tahini (ground sesame), water, sea salt, dried roasted garlic, natural flavors, citric acid, dried onion, spice], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Lemon**, **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes), **Paprika**, **Garlic & Oregano** (Dried Oregano, Granulated Garlic, Sweet Paprika)

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

