



# UCOOK

## Chickpea Salad & Crispy Bacon Bites

with **couscous & piquanté peppers**

A bowl of bulgur wheat is loaded with herby chickpeas, crispy bacon bits, tomatoes, piquanté peppers, and fresh oregano. Drizzled with a zesty yoghurt dressing for added richness. Super quick but super delicious!

---

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

---

**Serves:** 2 People


---

**Chef:** Kate Gomba

---

 Simple & Save

---

 Groote Post Winery | Groote Post Chenin Blanc 2022

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

|          |   |
|----------|---|
| 240g     | Chickpeas<br><i>drain &amp; rinse</i>               |
| 10ml     | Dried Oregano                                       |
| 200ml    | Bulgur Wheat<br><i>rinse</i>                        |
| 6 strips | Streaky Pork Bacon                                  |
| 80ml     | Low Fat Plain Yoghurt                               |
| 20ml     | Lemon Juice   |
| 1        | Tomato<br><i>rinse &amp; roughly dice</i>           |
| 30g      | Piquanté Peppers<br><i>drain &amp; roughly chop</i> |
| 5g       | Fresh Oregano<br><i>rinse &amp; pick</i>            |

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. HERBY CHICKPEAS** Place a pan over medium-high heat with a drizzle of oil. When hot, toast the drained chickpeas until golden and crispy, 12-15 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final 1-2 minutes, add a knob of butter and the dried oregano. Remove from the pan and season.

**2. COOK THE BULGUR** Boil the kettle. Place the bulgur wheat in a pot with 400ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-8 minutes. Drain if necessary, fluff with a fork, and set aside.

**3. CRISPY BACON** Return the pan, wiped down, to medium-high heat. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pan, drain on paper towel, and roughly chop.

**4. ZESTY DRIZZLE** In a small bowl, combine the yogurt, the lemon juice (to taste), a drizzle of olive oil, and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**5. ALL TOGETHER** In a salad bowl, combine the cooked bulgur wheat, the crispy chickpeas,  $\frac{3}{4}$  of the chopped bacon, the diced tomatoes, the chopped peppers,  $\frac{1}{2}$  the rinsed oregano, a drizzle of olive oil, and seasoning.

**6. DINNER IS SERVED** Bowl up the loaded bulgur wheat salad, top with the remaining bacon, drizzle over the yoghurt dressing, and garnish with the remaining oregano. Enjoy, Chef!

## Chef's Tip

Air fryer method: Coat the rinsed chickpeas in oil and seasoning. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

---

|                    |         |
|--------------------|---------|
| Energy             | 795kJ   |
| Energy             | 190kcal |
| Protein            | 8.6g    |
| Carbs              | 27g     |
| of which sugars    | 2.3g    |
| Fibre              | 5.7g    |
| Fat                | 5g      |
| of which saturated | 1.5g    |
| Sodium             | 139mg   |

---

## Allergens

Gluten, Wheat, Sulphites, Cow's Milk

Cook  
within  
4 Days