



UCCOOK

Chickpea Salad & Crispy Bacon

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: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

 Simple & Save

 Groote Post Winery | Groote Post Chenin Blanc 2022

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Ingredients & Prep

120g	Chickpeas <i>drain & rinse</i>
5ml	Dried Oregano
100ml	Bulgur Wheat <i>rinse</i>
3 strips	Streaky Pork Bacon
40ml	Low Fat Plain Yoghurt
10ml	Lemon Juice
1	Tomato <i>rinse & ½ roughly dice</i>
15g	Piquanté Peppers <i>drain & roughly chop</i>
3g	Fresh Oregano <i>rinse & 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 200ml 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, ¾ of the chopped bacon, the diced tomatoes, the chopped peppers, ½ 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