



# UCOOK

## Crispy Chickpea & Bulgur Bowl

**with pickled cucumber & pesto yoghurt**

This dish will bowl you over, Chef, with a base of fluffy bulgur dotted with fresh dill & mint, charred baby marrow, crispy chickpeas, pickled cucumber ribbons & radish rounds, a basil & lemon pesto yoghurt drizzled over and a scattering of golden-toasted coconut flakes.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Morgan Otten

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Veggie

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Strandveld | Adamastor White Blend

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## Ingredients & Prep

30g	Toasted Coconut Flakes
360g	Chickpeas <i>drain &amp; rinse</i>
225ml	Bulgur Wheat
16g	Mixed Herbs <i>(8g Fresh Dill &amp; 8g Fresh Mint)</i>
90ml	White Wine Vinegar
300g	Cucumber <i>rinse &amp; peel into ribbons</i>
60g	Radish <i>rinse &amp; slice into thin rounds</i>
225ml	Yoghurt Pesto <i>(150ml Coconut Yoghurt &amp; 75ml Pesto Princess Basil Pesto)</i>
300g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. TOAST** Place the coconut flakes in a pan (with a lid) over medium heat. Toast until golden, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CRISPY CHICKPEAS** Return the pan to 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. Remove from the pan and season.

**3. BULGUR** Boil the kettle. Place the rinsed bulgur wheat in a pot with 450ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary and fluff with a fork. Rinse, pick, and roughly chop the mixed herbs. Mix  $\frac{1}{2}$  the chopped mixed herbs, the crispy chickpeas, and seasoning through the cooked bulgur wheat. Set aside.

**4. PICKLE & DRESSING** In a bowl, combine the vinegar with 3 tbsp of water and 3 tsp of sweetener. Toss through the cucumber ribbons, the radish rounds, and seasoning. In a small bowl, loosen the yoghurt pesto with water in 5ml increments until drizzling consistency. Season and set aside.

**5. BABY MARROW** Place a pan over medium high-heat with a drizzle of oil. When hot, fry the baby marrow pieces until lightly charred, 3-4 minutes (shifting occasionally). Season.

**6. TIME TO EAT** Dish up the herby bulgur in bowls. Top with the baby marrow and the pickled cucumber & radish. Drizzle over the yoghurt pesto. Garnish with the remaining herbs and sprinkle over the toasted coconut flakes. Enjoy, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	556kJ
Energy	133kcal
Protein	4.6g
Carbs	16g
of which sugars	2.5g
Fibre	3.9g
Fat	4.8g
of which saturated	2g
Sodium	46mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
4 Days