



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.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Morgan Otten

Veggie

Strandveld | Adamastor White Blend

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

Ingredients & Prep

40g	Toasted Coconut Flakes
480g	Chickpeas <i>drained & rinse</i>
300ml	Bulgur Wheat
20g	Mixed Herbs <i>(10g Fresh Mint & 10g Fresh Dill)</i>
125ml	White Wine Vinegar
400g	Cucumber <i>rinse & peel into ribbons</i>
80g	Radish <i>rinse & slice into thin rounds</i>
300ml	Yoghurt Pesto <i>(200ml Coconut Yoghurt & 100ml Pesto Princess Basil Pesto)</i>
400g	Baby Marrow <i>rinse, trim & 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 600ml 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 ½ 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 4 tbsp of water and 4 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