



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

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Ingredients & Prep

| | |
|-------|--|
| 40g | Toasted Coconut Flakes |
| 480g | Chickpeas <i>drained & rinse</i> |
| 300ml | Bulgar 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