



# UCCOOK

## 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!

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**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Kate Gomba

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 Simple & Save

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## Ingredients & Prep

120g	Chickpeas <i>drain &amp; 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 &amp; ½ roughly dice</i>
15g	Piquanté Peppers <i>drain &amp; roughly chop</i>
3g	Fresh Oregano <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 200ml of boiling water, a drizzle of oil, and seasoning. Simmer until cooked through, 6-80 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