



Recipes

MISSIONFOODSERVICE.COM

Chickpea Tabbouleh Salad

Prep Time: 10 Minutes

Cooking Time: 2 Minutes

Serves 12

Ingredients:

- 12 each 12" Tomato Basil Wraps (10250)
- 2 1/2 cups Bulgur Wheat , cooked
- 2 each Garlic Cloves , minced
- 2 Tbsp. Lemon Juice
- 2 Tbsp. Extra-Virgin Olive Oil
- 1 1/2 cups Tomatoes , cherry , halved
- 3/4 cup Cucumber , diced
- 1 cup Chickpeas , drained and rinsed
- 1 Tbsp. Chives , fresh , chopped
- 2 Tbsp. Parsley , fresh , chopped
- 1 Tbsp. Mint , fresh , chopped
- 1/4 cup Marinated Feta
- 3 oz. Spinach

Directions:

1. In a large bowl, combine bulgur, garlic, lemon juice, olive oil, tomatoes, cucumber, chickpeas, chives, parsley, mint and Feta. Mix well to combine, refrigerate for 2 hours minimum.
2. Pre-heat deep fryer 350°F. Using a wide ladle, lay a tortilla in the oil and press down in the middle of the tortilla to form a small bowl with a larger rim. Hold in oil until bubbling stops or about 60-75 seconds. Remove from oil, allow to drain and cool.
3. To plate: In each tortilla bowl, use 0.5 oz. spinach to make a bed, top with 1/2 cup tabbouleh.