



Chickpea Tabbouleh Salad

Prep time: 10 Cook Time: 2 Servings: 12

Mediterranean,Entrees,Better For You,Appetizers/Sides/Snacks,Salads,Breakfast/Brunch,Wraps,Fine Dining,Casual Dining,FSR/QSR,Plant - Based Preferences,Breakfast All Day

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
12" Tomato Basil Wrap	10250		12 each
Bulgur Wheat		cooked	2 1/2 cup
Garlic Clove		minced	2 each
Lemon Juice			2 Tbsp.
Extra-Virgin Olive Oil			2 Tbsp.
Cherry Tomatoes		halved	1 1/2 cup
Cucumber		diced	3/4 cup
Chickpeas		drained and rinsed	1 cup
Chives		fresh, chopped	1 Tbsp.
Parsley		fresh, chopped	2 Tbsp.
Mint		fresh, chopped	1 Tbsp.
Feta		marinated	1/4 cup
Spinach			3 oz.



Instructions

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 ½ cup tabbouleh.

