

INGREDIENTS

2 PERSON | 4 PERSON



Chickpeas



4 oz | 8 oz **Grape Tomatoes**



2 tsp | 4 tsp Garlic Powder



Demi-Baguette Contains: Soy, Wheat



1TBSP | 1TBSP Ranch Spice



6 TBSP | 12 TBSP Mayonnaise Contains: Eggs



2 TBSP | 2 TBSP Soy Sauce Contains: Soy, Wheat

Lemon



2 tsp 2 tsp Dijon Mustard



4 oz | 8 oz



1tsp | 1tsp

Hot Sauce

3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.



10 oz | 20 oz Shrimp Contains: Shellfish

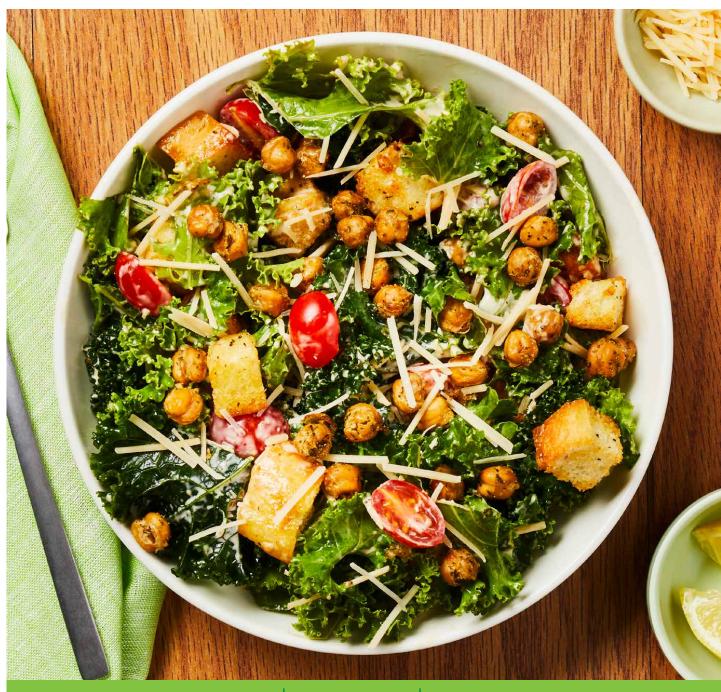






ROASTED CHICKPEA & KALE CAESAR SALAD

with Grape Tomatoes & Garlicky Croutons





HELLO

RANCH SPICE

All the flavor of the dressing in one sprinkle-able seasoning

PEAS OF MIND

After draining and rinsing your chickpeas, gently pat them superdry with paper towels so they crisp up in the oven.

BUST OUT

- Strainer
- Whisk
- Paper towels
- Medium bowl
- Baking sheet
- Large bowl
- Small bowl
- Large pan 😉 😉
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) 😉 😉
- Olive oil (7 tsp | 13 tsp)

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- shrimp are fully cooked when internal temperature
- *Chicken is fully cooked when internal temperature



1 ROAST CHICKPEAS

- Adjust rack to top position (top and middle) positions for 4 servings) and preheat oven to 425 degrees.
- Drain and rinse **chickpeas**; dry thoroughly with paper towels. Toss on a baking sheet with a large drizzle of oil, half the Ranch Spice (all for 4), and 1/2 tsp salt (1 tsp for 4).
- · Roast on top rack for 13 minutes (you'll add more to the sheet then). (It's natural for chickpeas to pop a bit while roasting.)



2 PREP

- Meanwhile, wash and dry produce.
- Ouarter lemon. Halve tomatoes lengthwise. Remove and discard any large stems from kale; chop into bite-size pieces.



3 MAKE DRESSING

- In a small bowl, whisk together mayonnaise, half the mustard, half the hot sauce, I tsp soy sauce (we sent more), 1/2 tsp garlic powder, and juice from two lemon wedges. (For 4, use all the mustard, all the hot sauce, 2 tsp sov sauce, 1 tsp garlic powder, and juice from whole lemon.) TIP: If dressing seems too thick, add water ½ tsp at a time until mixture reaches a drizzling consistency.
- · Season generously with pepper.



Rinse **shrimp*** under cold water; pat shrimp or chicken* dry with paper towels. Season with salt and pepper. Heat a drizzle of oil in a large pan over mediumhigh heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 4-6 minutes.



4 MAKE CROUTONS

- Cut **baguette** into ½-inch cubes. TIP: Slice baquette lengthwise. like vou're making a sandwich, then cut each half into ½-inch strips to make cubing extra easy.
- In a medium bowl, toss bread with remaining garlic powder, 2 TBSP olive oil (4 TBSP for 4 servings), salt, and pepper until evenly coated.
- Once chickpeas have roasted 13 minutes, remove sheet from oven. Carefully push chickpeas to one side of sheet. Spread bread out on empty side. (For 4, leave chickpeas roasting. Use a second sheet for bread: toast on middle rack.)
- Return to top rack until croutons are golden brown and crisp, 5-7 minutes.



5 ASSEMBLE SALAD

- Meanwhile, in a large bowl, add kale and a drizzle of olive oil; lightly season with salt. Using your hands, massage kale until leaves are tender, 30-60 seconds, TIP: Don't skip this step-massaging helps the kale leaves wilt slightly, lending a tender (never fibrous!) texture.
- · Add tomatoes, croutons, half the chickpeas, half the Parmesan, and as much dressing as you like: toss to combine.



6 FINISH & SERVE

• Divide salad between plates. Top with remaining chickpeas and remaining Parmesan. Serve with any remaining lemon wedges on the side.

