



LEMONY CHICKPEA & ARUGULA GRAIN SALAD

with Cucumber, Cheddar & Sunflower Seeds

INGREDIENTS

2 PERSON | 4 PERSON



2 | 4
Scallions



1 | 2
Chickpeas



1 | 2
Veggie Stock Concentrate



1 | 2
Microwavable Grain Blend
Contains: Wheat



1 | 2
Mini Cucumber



1 | 2
Lemon



2 oz | 4 oz
Arugula



½ Cup | 1 Cup
White Cheddar Cheese
Contains: Milk



½ oz | 1 oz
Sunflower Seeds



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2 PERSON | 4 PERSON

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10 oz | 20 oz
Chopped Chicken Breast

Calories: 1090



PREP: 5 MIN | COOK: 20 MIN | CALORIES: 890



HELLO

MICROWAVABLE GRAIN BLEND

This blend is a combination of rice and other wholesome grains like bulgur and barley.

THE GRAIN EVENT

Massaging the grain blend pouch before microwaving helps separate the grains inside for even, thorough heating.

BUST OUT

- Strainer
- Large pan
- Large bowl
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)
- Olive oil (3 TBSP | 6 TBSP)
- Sugar (1/2 tsp | 1 tsp)

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1 START PREP & COOK CHICKPEAS

- Wash and dry produce.
- Trim and thinly slice **scallions**, separating whites from greens. Drain and rinse **chickpeas**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **scallion whites**, chickpeas, **stock concentrate**, a **pinch of salt**, and **pepper**.
- Cook, covered, shaking the pan occasionally, until scallions are browned and chickpeas are slightly crispy, 2-3 minutes. (TIP: Chickpeas will pop. Be careful!) Transfer to a large bowl.



4 MAKE DRESSING

- In a small bowl, whisk together **3 TBSP olive oil**, **1/2 tsp sugar**, **juice from lemon halves**, a **pinch of salt**, and **pepper** until thoroughly combined (**6 TBSP olive oil** and **1 tsp sugar** for 4 servings).



2 WARM GRAIN BLEND

- While chickpeas cook, massage **grain blend** in package; partially open package. Microwave until warmed through, 1 1/2-2 minutes.
- Transfer grain blend to bowl with **chickpeas**. Fluff and season with **salt** and **pepper**. Set aside until ready to use in Step 5.

- Open package of **chicken*** and drain off any excess liquid. Heat a **drizzle of oil** in pan used for chickpeas over medium-high heat. Add chicken and season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



5 TOSS GRAIN SALAD

- To bowl with **grain blend** and **chickpeas**, add **cucumber**, **arugula**, **cheddar**, **sunflower seeds**, and **dressing**; toss to combine. Taste and season with **salt** and **pepper** if desired.

- Add **cooked chicken** to bowl along with **cucumber**.



3 FINISH PREP

- While grain blend microwaves, halve **lemon**. Quarter **cucumber** lengthwise; slice into 1/4-inch-thick pieces.



6 SERVE

- Divide **grain salad** between bowls and top with **scallion greens**. Serve.

*Chicken is fully cooked when internal temperature reaches 165°.