



WARM CHICKPEA & ARTICHOKE KALE SALAD

with Tomato, Shallot-Dijon Vinaigrette & Garlic Bread

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Shallot



4 oz | 8 oz
Kale



1 | 2
Chickpeas



1 | 2
Marinated
Artichoke Hearts



1 | 2
Tomato



5 tsp | 10 tsp
Red Wine Vinegar



2 tsp | 4 tsp
Dijon Mustard



1 tsp | 2 tsp
Dried Oregano



1 | 2
Ciabatta
Contains: Soy, Wheat



1 tsp | 2 tsp
Garlic Powder



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HELLO

ARTICHOKE HEARTS

Tender, with a delicate earthy-sweet
flavor—perfect in a salad!

PREP: 10 MIN | COOK: 20 MIN | CALORIES: 810



KALE YEAH

Why do we ask you to massage your kale with olive oil? It helps the leaves become extra tender—never fibrous—and infuses them with flavor.

BUST OUT

- 2 Small bowls
- Whisk
- Strainer
- Large bowl
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil
(3 TBSP + 2 tsp | 6 TBSP + 2 tsp)
- Sugar (1 tsp | 2 tsp)
- Cooking oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Place **2 TBSP butter** (4 TBSP for 4 servings) in a small microwave-safe bowl; bring to room temperature. **Wash and dry produce.**
- Halve, peel, and thinly slice **shallot**. Remove and discard any large stems from **kale**; chop into bite-size pieces. Drain and rinse **chickpeas**; pat dry with paper towels. Roughly chop **artichokes**. Dice **tomato** into ½-inch pieces.



4 MAKE GARLIC BREAD

- Meanwhile, halve and toast **ciabatta**.
- Add **garlic powder** to bowl with **softened butter**; stir to combine. **TIP: If needed, microwave butter in 30-second increments to soften.**
- Spread **garlic butter** onto cut sides of ciabatta. Cut each half into quarters.



2 MIX DRESSING & MASSAGE KALE

- In a second small bowl, whisk together **shallot, vinegar, mustard, 3 TBSP olive oil, and 1 tsp sugar** (for 4 servings, use 6 TBSP olive oil and 2 tsp sugar). Season with **salt and pepper**.
- Place **kale** in a large bowl with a **large drizzle of olive oil**. Using your hands, massage kale (similar to how you would knead dough) until leaves are tender, about 1 minute.



5 MAKE SALAD

- To bowl with **kale**, add **chickpeas and artichokes, tomato**, and as much **dressing** as you like. Toss to combine.



3 COOK CHICKPEAS & ARTICHOSES

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **chickpeas, artichokes, and oregano**. Season with **salt and pepper**.
- Cook, stirring occasionally, until chickpeas and artichokes are tender and browned, 3-5 minutes.



6 SERVE

- Divide **salad** between shallow bowls and serve with **garlic bread** on the side.