



WARM MISO-SESAME CHICKPEA CHOPPED SALAD

with Mixed Grains, Cabbage, Cucumber & Crispy Wonton Strips

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Mini Cucumber



2 | 4

Miso Sauce Concentrates
Contains: Soy



1 TBSP | 2 TBSP

Fry Seasoning



1 | 2

Microwavable Grain Blend
Contains: Wheat



1 | 2

Wonton Strips
Contains: Wheat



1 | 2

Baby Lettuce



1 | 2

Chickpeas



4 oz | 8 oz

Shredded Red Cabbage



3 oz | 6 oz

Sesame Dressing
Contains: Sesame, Soy, Wheat



Customizable Meal

If you chose to personalize your meal by swapping, adding, or doubling an ingredient, refer to the separate **HelloCustom** card for all the info you'll need! You can also scan here for **HelloCustom** instructions.



ANY ISSUES WITH YOUR ORDER?
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PREP: 5 MIN | COOK: 20 MIN | CALORIES: 860



HELLO

MISO SAUCE CONCENTRATE

Adds an irresistible savory saltiness to sesame dressing

FINAL TOSS

Wait until serving to toss the salad so it stays fresh and crisp.

BUST OUT

- Strainer
- Paper towels
- Large pan
- Large bowl
- Kosher Salt
- Black Pepper
- Olive Oil
- Sugar

MORE IS MORE

For **2X protein or veggies**, cook in batches or larger cooking vessels (this may require longer cook times—follow the visual and temperature cues). For **3 servings**, reduce the seasoning (and any other ingredients for the protein) by a quarter if the protein is less than the 4-serving amount. For **6 servings**, simply triple the 2-serving recipe.

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

HOW WAS YOUR MEAL?



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1 PREP

- Wash and dry produce.
- Drain and rinse **chickpeas**; pat dry with paper towels. Trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch half-moons. Trim and discard root end from **lettuce**; halve lengthwise, then slice crosswise into bite-size pieces.



3 MIX DRESSING & TOSS SALAD

- Meanwhile, in a large bowl, combine **miso sauce concentrates**, **sesame dressing**, and ¼ tsp sugar (½ tsp for 4 servings).
- Add **cucumber**, **cabbage**, and **chickpeas and grain blend** to bowl; toss to combine.
- Add **lettuce**; toss until evenly coated. Taste and season with **salt** and **pepper** if desired.



2 WARM CHICKPEAS & GRAINS

- Heat a **large drizzle of olive oil** in a large pan over medium-high heat. Add **chickpeas**, **grain blend**, **Fry Seasoning**, a **large pinch of salt**, and **pepper**. Cook, stirring occasionally, until warmed through, 3-5 minutes (if chickpeas and grains begin to pop, partially cover pan with lid).
- Turn off heat. Transfer **chickpeas and grain blend** to a plate; spread out to cool slightly.



4 SERVE

- Divide **salad** between bowls. Top with **wonton strips**. Serve.



If you customized your meal, refer to the cooking instructions on the **HelloCustom** card and use them as a guide to modify your recipe as needed.