



CRISPY CHICKPEA & KALE SALAD

with Cucumber, Pickled Shallot & Lemony Tahini Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Tomato



1 | 2
Shallot



1 | 2
Mini Cucumber



1 | 2
Lemon



1 Clove | 2 Cloves
Garlic



1 | 2
Chickpeas



1 tsp | 2 tsp
Cumin



1 tsp | 2 tsp
Paprika



4 oz | 8 oz
Kale



4 TBSP | 8 TBSP
Tahini
Contains: Sesame



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



¼ oz | ½ oz
Parsley



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



HELLO

CRISPY CHICKPEAS

Roasting turns these protein-packed legumes
deliciously crunchy.



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 670



HELLO FRESH

KALE YEAH

Why do we ask you to add olive oil *before* massaging the kale? This addition helps the leaves become extra-tender (and deliver plenty of flavor, too).

BUST OUT

- Small bowl
- Plastic wrap
- Strainer
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (2 TBSP | 3 TBSP)
- Sugar (1 tsp | 2 tsp)
- Baking sheet
- Mallet
- Medium bowl
- Large bowl

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1 PREP & SEASON VEGGIES

- Adjust rack to top position and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **tomato** into ½-inch pieces. Trim and halve **cucumber** lengthwise; slice crosswise into ¼-inch-thick half-moons. Season tomato and cucumber with a **pinch of salt** and **pepper**.
- Halve **lemon**. Halve, peel, and very thinly slice **shallot**. Peel and mince or grate **garlic**. Remove and discard any large stems from **kale**; chop into bite-size pieces. Roughly chop **parsley**.



4 MAKE DRESSING

- Remove plastic wrap from bowl with **pickled shallot**; drain shallot, reserving pickling liquid.
- In a medium bowl, combine **garlic, tahini, yogurt, juice from remaining lemon, remaining paprika, 1 TBSP olive oil, 1 TBSP pickling liquid,** and ½ tsp sugar (2 TBSP olive oil, 2 TBSP pickling liquid, and 1 tsp sugar for 4 servings). Add **water** 1 tsp at a time until **dressing** reaches a drizzling consistency. Season with **salt** and **pepper**.



2 PICKLE SHALLOT

- In a small microwave-safe bowl, combine **juice from half the lemon, 1 TBSP water, ½ tsp sugar, salt,** and **pepper (use juice from one whole lemon, 2 TBSP water, and 1 tsp sugar for 4 servings)**. Stir in **shallot**.
- Cover bowl with plastic wrap and microwave for 1 minute. Set aside to pickle.



5 FINISH SALAD

- In a large bowl, combine **kale** and a **drizzle of olive oil**. Using your hands, massage until leaves are tender, 1 minute. **TIP: Knead the kale leaves like dough.**
- To bowl with kale, add **pickled shallot, tomato, cucumber, half the parsley,** and **half the dressing**. Toss to combine.



3 SMASH & ROAST CHICKPEAS

- Meanwhile, drain and rinse **chickpeas**; thoroughly pat dry with paper towels.
- Place chickpeas on a baking sheet; arrange a large piece of plastic wrap on top. Lightly smash chickpeas with a mallet or heavy-bottomed pan, breaking them apart. **TIP: No need to pulverize—aim to keep the chickpeas somewhat intact.**
- Remove plastic wrap. To chickpeas on sheet, add a **large drizzle of olive oil, cumin, ¾ tsp paprika (1¼ tsp for 4 servings), salt,** and **pepper**. (**You'll use the rest of the paprika later.**) Toss to combine; spread across sheet in a single layer.
- Roast on top rack until crispy, 18-20 minutes.



6 SERVE

- Divide **salad** between bowls. Top with **chickpeas** and **remaining parsley**; drizzle with **remaining dressing**. Serve.