



HERBED CHICKPEA & SPINACH SALAD

with Apple, Feta, Almonds & Italian Dressing

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 | 2
Shallot



1 TBSP | 1 TBSP
Italian Seasoning



1 | 2
Apple



1.5 oz | 3 oz
Italian Dressing
Contains: Milk



½ oz | 1 oz
Sliced Almonds
Contains: Tree Nuts



5 oz | 10 oz
Spinach



½ Cup | 1 Cup
Feta Cheese
Contains: Milk



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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
Chicken Cutlets

Calories: 750



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 750

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 570



HELLO

ITALIAN SEASONING

Oregano, basil, and parsley make this blend so *delizioso*.

CRISPY BUSINESS

After draining and rinsing your chickpeas, pat them very dry with paper towels to help them get super-crispy in the oven.

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Large bowl
- Small pan
- Large pan 🍳 🍳
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
(1 tsp | 1 tsp) 🍳 🍳

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



1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; pat very dry with paper towels. Halve, peel, and cut **shallot** into ½-inch-thick wedges. Halve, core, and thinly slice **apple**.



3 ASSEMBLE SALAD

- Once chickpeas and shallot have slightly cooled, transfer **half the chickpeas and shallot** to a plate; reserve for serving.
- To bowl with remaining chickpeas and shallot, add **spinach, apple, half the feta, and 1 TBSP dressing (2 TBSP for 4 servings)**. (You'll use the rest of the dressing for serving.) Taste and season with **salt and pepper**.



2 ROAST & TOAST

- Toss **chickpeas** and **shallot** on a baking sheet with a **large drizzle of oil, half the Italian Seasoning (all for 4 servings), and 1 tsp salt (2 tsp for 4)**. Roast on top rack until chickpeas are lightly crispy, 18-20 minutes (**it's natural for chickpeas to pop a bit as they roast!**).
- Remove sheet from oven; transfer chickpeas and shallot to a large bowl to cool.
- Heat a small dry pan over medium-high heat. Add **almonds** and toast, stirring, until golden, 2-3 minutes.

- 🍳 Pat **chicken*** or **organic chicken*** with paper towels and
- 🍳 season generously with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until cooked through, 4-7 minutes per side. Turn off heat; transfer to a cutting board to rest.



4 SERVE

- Divide **salad** between plates or bowls; top with **almonds, reserved chickpeas and shallot, and remaining feta**. Drizzle with **remaining dressing** and serve.
- 🍳 Thinly slice **chicken** or **organic chicken** crosswise; serve
- 🍳 atop **salad**.