



# HERBED CHICKPEA & SPINACH SALAD

with Pear, Feta, Almonds & Cherry Balsamic Vinaigrette

**NEW!**

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 | 2  
Shallot



1 TBSP | 1 TBSP  
Italian Seasoning



1 | 2  
Bartlett Pear



1 | 2  
Cherry Jam



5 tsp | 10 tsp  
Balsamic Vinegar



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



5 oz | 10 oz  
Spinach



½ Cup | 1 Cup  
Feta Cheese  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
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  
Beef Tenderloin  
Steak

Calories: 1000



10 oz | 20 oz  
Chicken Cutlets

Calories: 980



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 790



HELLO

### BALSAMIC VINEGAR

This tangy condiment adds sophisticated depth to dressings.

### 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 bowl
- Whisk
- Small pan
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Olive oil (4 TBSP | 8 TBSP)

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\*Beef is fully cooked when internal temperature reaches 145°.

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



### 1 START PREP

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



### 2 ROAST CHICKPEAS

- 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.
- Pat **beef\*** or **chicken\*** dry with paper towels; season generously with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add beef or chicken; cook beef to desired doneness, 3-6 minutes per side, or cook chicken until cooked through, 4-7 minutes per side. Turn off heat; transfer to a cutting board to rest.



### 4 TOAST ALMONDS

- Heat a small, dry pan over medium-high heat. Add **almonds** and toast, stirring, until golden, 2-3 minutes.



### 5 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**, **pear**, and **half the feta**.
- Reserve **2 TBSP dressing (4 TBSP for 4 servings)** and set aside for serving. Add remaining dressing to bowl and toss to evenly coat. Taste and season with **salt** and **pepper**.



### 3 FINISH PREP & MAKE DRESSING

- Meanwhile, **wash and dry produce**. Halve, core, and thinly slice **pear**.
- In a small bowl, whisk together **jam**, **vinegar**, and **4 TBSP olive oil (8 TBSP for 4 servings)** until well combined. Season with **salt** and **pepper**.



### 6 SERVE

- Divide **salad** between plates or bowls; top with **almonds**, **reserved chickpeas and shallot**, and **remaining feta**. Drizzle with **reserved dressing** and serve.
- Thinly slice **beef** or **chicken** against the grain; serve atop **salad**.

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