



ROASTED CHICKPEA CAESAR SALAD

with Grape Tomatoes & Garlicky Croutons

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Chickpeas



1 TBSP | 1 TBSP
Ranch Spice



1 | 1
Lemon



4 oz | 8 oz
Grape Tomatoes



1 | 2
Baby Lettuce



6 TBSP | 12 TBSP
Mayonnaise
Contains: Eggs



2 TBSP | 2 TBSP
Soy Sauce
Contains: Soy, Wheat



2 tsp | 4 tsp
Garlic Powder



2 tsp | 2 tsp
Dijon Mustard



1 tsp | 1 tsp
Hot Sauce



1 | 2
Demi-Baguette
Contains: Soy, Wheat



3 TBSP | 6 TBSP
Parmesan 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
Chicken Cutlets

Calories: 1190



10 oz | 20 oz
Organic Chicken
Cutlets

Calories: 1190



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 1000



HELLO

CHICKPEA CAESAR

A plant-powered spin on the classic savory salad

PEAS OF MIND

After draining and rinsing your chickpeas, gently pat them super-dry with paper towels so they crisp up in the oven.

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small bowl
- Whisk
- Medium bowl
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp | 1 tsp | 1 tsp)
- Olive oil (2 TBSP | 4 TBSP)

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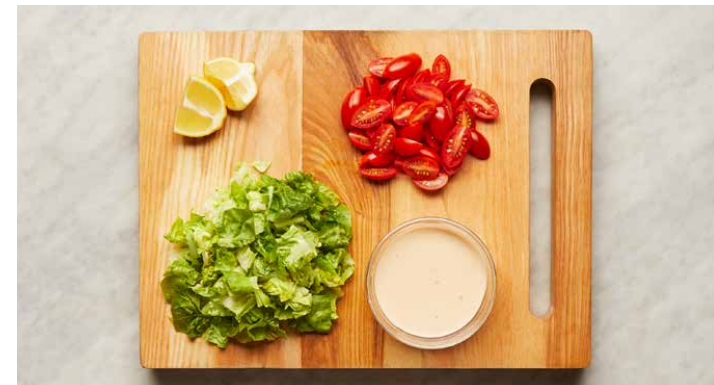
1 ROAST CHICKPEAS

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Drain and rinse chickpeas; dry thoroughly with paper towels. Toss on a baking sheet with a large drizzle of oil, half the Ranch Spice (all for 4), and 1/2 tsp salt (1 tsp for 4).
- Roast on top rack for 13 minutes (you'll add more to the sheet then). (It's natural for chickpeas to pop a bit while roasting.)



3 MAKE CROUTONS

- Cut baguette into 1/2-inch cubes. TIP: Slice baguette lengthwise, like you're making a sandwich, then cut each half into 1/2-inch strips to make cubes.
- In a medium bowl, toss bread with remaining garlic powder, 2 TBSP olive oil (4 TBSP for 4 servings), salt, and pepper until evenly coated.
- Once chickpeas have roasted 13 minutes, remove sheet from oven. Carefully push chickpeas to one side of sheet. Spread bread out on empty side. (For 4, leave chickpeas roasting. Use a second sheet for bread; toast on middle rack.)
- Return to top rack until croutons are golden brown and crisp, 5-7 minutes.



2 PREP & MAKE DRESSING

- Quarter lemon. Chop lettuce into bite-size pieces. Halve tomatoes lengthwise.
- In a small bowl, whisk together mayonnaise, half the mustard, half the hot sauce, 1 tsp soy sauce (we sent more), 1/2 tsp garlic powder, juice from two lemon wedges, all the big pinch of pepper. (For 4, use all the mustard, all the hot sauce, 2 tsp soy sauce, 1 tsp garlic powder, and juice from whole lemon.) (TIP: If needed, add water 1/2 tsp at a time until mixture reaches a drizzling consistency.)

- Pat chicken* or organic chicken* dry with paper towels; season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken; cook until cooked through, 3-5 minutes per side. Transfer to a cutting board.



4 ASSEMBLE SALAD & SERVE

- In a large bowl, toss lettuce with as much dressing as you like. Add tomatoes, croutons, half the chickpeas, and half the Parmesan; toss to combine.
- Divide salad between plates. Top with remaining chickpeas and remaining Parmesan. Serve with any remaining lemon wedges on the side.

- Slice chicken or organic chicken crosswise; serve atop salad.

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