



# SMASHED CHICKPEA CHOPPED SALAD

with Roasted Red Onion, Dried Apricots & Creamy Greek Dressing

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 | 2  
Red Onion



1 | 2  
Bell Pepper\*



1 TBSP | 2 TBSP  
Shawarma Spice Blend



1 tsp | 2 tsp  
Garlic Powder



1 | 2  
Baby Lettuce



1 | 2  
Mini Cucumber



¼ oz | ½ oz  
Parsley



1.5 oz | 3 oz  
Greek Vinaigrette  
Contains: Eggs, Milk



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



1 oz | 2 oz  
Dried Apricots



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

\*The ingredient you received may be a different color.



## 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: 910



10 oz | 20 oz  
Organic Chicken Cutlets

Calories: 910



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 730



HELLO

## CHOPPED SALAD

Flavorful mix-ins are chopped into bite-size pieces for even distribution.

## CRISPY BUSINESS

After draining your chickpeas, gently pat them super dry with paper towels so they get nice and crispy in the oven.

## BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Plastic wrap
- Mallet
- Medium bowl
- Large bowl
- Large pan 🍳 🍳
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)  
(1 tsp | 1 tsp) 🍳 🍳
- Olive oil (2 tsp | 2 tsp)

## GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663  
HelloFresh.com



### 1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. Halve, peel, and cut **onion** into ½-inch-thick wedges. Core, deseed, and dice **bell pepper** into ½-inch pieces.



### 3 FINISH PREP & MAKE SALAD

- Meanwhile, trim and discard root end from **lettuce**; roughly chop into bite-size pieces. Quarter **cucumber** lengthwise; slice into ¼-inch-thick pieces. Roughly chop **parsley**.
- In a medium bowl, combine **Greek vinaigrette, mayonnaise, sour cream, remaining garlic powder**, and a **large drizzle of olive oil**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Season with **salt** and **pepper**.
- Transfer **half the dressing** to a large bowl; add lettuce and cucumber. Toss to combine.



### 2 SMASH & ROAST CHICKPEAS

- Place **chickpeas** on a baking sheet; place a large piece of plastic wrap on top. Lightly smash chickpeas with a mallet, 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 oil, onion, bell pepper, Shawarma Spice Blend, ¾ tsp garlic powder (1¼ tsp for 4 servings), salt, and pepper.** (You'll use the rest of the garlic powder later.) Toss to combine; spread across sheet in a single layer. (For 4, spread across 2 sheets; roast on top and middle racks.) Roast on top rack until chickpeas are crispy and veggies are tender, 18-20 minutes.

- 🍳 While chickpeas roast, pat **chicken\*** or **organic chicken\*** dry with paper towels. Season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board.



### 4 FINISH & SERVE

- When **chickpeas and veggies** are done, toss with **parsley**.
- Divide **salad** between bowls. Top with chickpeas and veggies; drizzle with **remaining dressing** and sprinkle with **apricots**. Serve.

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

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