



SPINACH CAPRESE SALAD

with Herbed Chickpeas, Caramelized Shallots & Creamy Balsamic Vinaigrette

INGREDIENTS

2 PERSON | 4 PERSON



13.4 oz | 26.8 oz
Chickpeas



1 | 2
Shallot



1 TBSP | 1 TBSP
Italian Seasoning



4 oz | 8 oz
Grape Tomatoes



4 oz | 8 oz
Fresh Mozzarella
Contains: Milk



5 tsp | 10 tsp
Balsamic Vinegar



1 | 2
Ciabatta
Contains: Soy, Wheat



1 tsp | 2 tsp
Garlic Powder



2 TBSP | 2 TBSP
Mayonnaise
Contains: Eggs



2 tsp | 2 tsp
Dijon Mustard



5 oz | 10 oz
Spinach



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Ranch Steak

Calories: 1230



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 1030



HELLO FRESH

HELLO

CAPRESE

A salad of fresh tomatoes and mozzarella that hails from the Italian isle of Capri.

SOFTEN UP

Fresh mozz has a buttery texture that's creamier than its low-moisture counterpart. Let it come to room temperature to best enjoy the delicate flavors.

BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small bowl
- Large bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)
- Olive oil (6 TBSP | 12 TBSP)
- Large pan
- Cooking oil (1 tsp | 1 tsp)

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*Steak is fully cooked when internal temperature reaches 145°.



1 ROAST CHICKPEAS & SHALLOT

- Adjust rack to top position (**top and middle positions for 4 servings**) 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.
- Toss chickpeas and shallot on a baking sheet with a **drizzle of oil**, **half the Italian seasoning (all for 4)**, **salt**, and **pepper**.
- Roast on top rack until chickpeas are golden and tender and shallot is caramelized, 18-20 minutes. **(You'll add more to the sheet after 11 minutes.)**



4 MAKE DRESSING

- Remove **tomatoes** from bowl and set aside, leaving **marinade** behind.
- Whisk **half the mayonnaise** and **half the mustard** into marinade until smooth. **(For 4 servings, use all the mayonnaise and mustard.)**
- Slowly whisk in **4 TBSP olive oil (8 TBSP for 4)**, drizzling a little bit at a time, until creamy. Season with **salt** and **pepper**. Reserve **1½ TBSP dressing (3 TBSP for 4)** for serving.



2 PREP & MARINATE TOMATOES

- Meanwhile, **wash and dry produce**.
- Halve **tomatoes**. Dice **mozzarella** into ½-inch cubes.
- Place tomatoes in a small bowl; toss with **vinegar**, **1 tsp sugar (2 tsp for 4 servings)**, and a **big pinch of salt**.
- Pat **steak*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add steak and cook to desired doneness, 3-6 minutes per side. Turn off heat; transfer to a cutting board to rest.



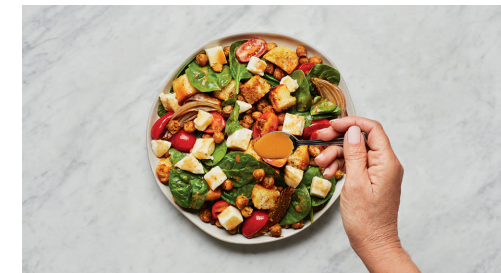
5 MAKE SALAD

- Add **spinach** to bowl with cooled **chickpeas, shallot, and croutons**. Toss with **remaining dressing** until evenly coated.



3 MAKE CROUTONS

- Halve **ciabatta** lengthwise; cut into ¾-inch strips. Tear strips into rough cubes. Transfer to a large bowl; toss with **2 TBSP olive oil (4 TBSP for 4 servings)**, **garlic powder**, **salt**, and **pepper**.
- Once chickpeas and shallot have roasted 11 minutes, remove from oven and push to one side of sheet; carefully add **croutons** to empty side. **(For 4, add croutons to a second sheet; toast on middle rack.)** Return to top rack until golden and crispy, 7-9 minutes. Wipe out bowl.
- Once finished roasting, carefully transfer everything to bowl to season croutons to cool.



6 SERVE

- Divide **salad** between plates. Top with **mozzarella** and **tomatoes**. Drizzle with **reserved dressing** and season with **salt** and **pepper** to serve.
- Thinly slice **steak** crosswise; serve atop **salad**.

WK 15-20