



INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Ciabatta

Contains: Soy, Wheat



4 oz | 8 oz

Grape Tomatoes



4 oz | 8 oz

Fresh Mozzarella
Cheese

Contains: Milk



1 | 1

Chickpeas



5 tsp | 10 tsp

Balsamic Vinegar



1 tsp | 2 tsp

Garlic Powder



2 TBSP | 2 TBSP

Mayonnaise

Contains: Eggs



2 tsp | 2 tsp

Dijon Mustard



2.5 oz | 5 oz

Spinach

SPINACH CAPRESE SALAD

with Chickpeas, Ciabatta Croutons & Dressing



✓ READY, SET,
LUNCH!

TOTAL TIME: 10 MIN | CALORIES: 730



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!



BUST OUT

- Strainer
- Small bowl
- Whisk
- Olive oil (4 TBSP | 8 TBSP)
- Sugar (½ tsp | 1 tsp)
- Large bowl
- Kosher salt
- Black pepper

TOTE CUISINE

Take it to go! Pack dressing and ciabatta croutons separately. Tuck spinach, tomatoes, mozz, and chickpeas in a container. Lunchtime? Toss it all together!

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SPINACH CAPRESE SALAD

with Chickpeas, Ciabatta Croutons & Dressing

INSTRUCTIONS

- **Wash and dry produce.** Halve **tomatoes** lengthwise. Dice **mozzarella** into ½-inch pieces. Halve **ciabatta** and toast until golden. Drain and rinse **chickpeas**.
- In a small bowl, whisk together **vinegar**, **garlic powder**, **half the mayonnaise**, **half the mustard**, **4 TBSP olive oil**, **½ tsp sugar**, and a **pinch of salt and pepper** until smooth. (For 4 servings, use all the mayonnaise, all the mustard, 8 TBSP olive oil, and 1 tsp sugar.)
- Dice **toasted ciabatta** into 1-inch pieces.
- In a large bowl, combine **spinach**, **tomatoes**, **mozzarella**, **ciabatta croutons**, **half the chickpeas** (all for 4 servings), and as much **dressing** as you like. (You'll have extra dressing; save for another use.) Taste and season with **salt and pepper**.
- Divide **salad** between bowls and serve.