



# Carb Smart Chicken and Chickpea Salad

with Creamy Garlic Dressing

Carb Smart

30 Minutes



Chicken Breasts



Chickpeas



Baby Spinach



Lemon



Mayonnaise



Parmesan Cheese,  
shredded



Garlic, cloves



Dijon Mustard



Garlic Salt

HELLO CHICKPEAS

Hearty and flavourful, chickpeas are packed with fibre that keeps you feeling full for longer!

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

### Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

## Bust out

Baking sheet, colander, measuring spoons, zester, large bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chickpeas	370 ml	740 ml
Baby Spinach	113 g	227 g
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Parmesan Cheese, shredded	¼ cup	½ cup
Garlic, cloves	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Prep

Drain and rinse **chickpeas**, then pat dry with paper towels. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**.



## Make dressing

Add **mayo**, **Dijon**, **lemon zest**, **half the Parmesan**, **1 tsp lemon juice** (dbl for 4 ppl) and **½ tsp garlic** to a large bowl. (**NOTE**: Reference garlic guide.) Season with **pepper**, then stir to combine.



## Cook chicken

Pat **chicken** dry with paper towels. Season with **half the garlic salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side. (**NOTE**: Don't overcrowd the pan; cook chicken in 2 batches if needed!) Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.\*\*



## Assemble salad

Add **chickpeas** and **spinach** to the large bowl with **dressing**, then toss to combine.



## Cook chickpeas

While **chicken** bakes, heat the same pan over medium. When hot, add **2 tbsp oil** (dbl for 4 ppl), then **chickpeas** and **remaining garlic salt**. Season with **pepper**. Cover and cook, stirring occasionally, until **chickpeas** are golden, 5-6 min. Transfer **chickpeas** to a plate to cool slightly.



## Finish and serve

Let **chicken** rest for 3-5 min, then thinly slice. Add **chicken** to the large bowl, then toss to combine. Divide **salad** between plates. Sprinkle **remaining Parmesan** over top. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!