



Carb Smart Chicken and Chickpea Salad with Arugula and Bell Peppers

Carb Smart 30 Minutes



Chicken Breasts



Chickpeas



Sweet Bell Pepper



Arugula and Spinach Mix



Caesar Dressing



Parmesan Cheese, grated



Chicken 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.

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Chickpeas	370 ml	740 ml
Sweet Bell Pepper	160 g	320 g
Arugula and Spinach Mix	113 g	227 g
Caesar Dressing	4 tbsp	8 tbsp
Parmesan Cheese, grated	¼ cup	½ cup
Chicken Salt	1 tbsp	2 tbsp
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.



Prep

Drain and rinse **chickpeas**, then pat dry with paper towels. Core, then cut **pepper** into ½-inch pieces.



Assemble salad

Add **peppers, arugula and spinach mix, Parmesan** and **half the Caesar dressing** to the bowl with **chickpeas**. Season with **salt and pepper**, then toss to combine.



Cook chicken

Pat **chicken** dry with paper towels. Season with **half the chicken 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**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tbsp oil per batch.) Cook until golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**



Finish and serve

Let **chicken** rest for 3-5 min, then thinly slice. Divide **salad** between plates. Top with **chicken**, then drizzle **remaining Caesar dressing** over top.



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 chicken salt**. Season with **pepper**. Cover and cook, stirring occasionally, until **chickpeas** are golden, 5-6 min. Transfer **chickpeas** to a large bowl to cool slightly.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA