



**HELLO  
FRESH**

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1

Lemon



1 | 2

Baby Lettuce



1 | 2

Chickpeas



2 oz | 4 oz

Prosciutto



1.5 oz | 3 oz  
Honey Dijon  
Dressing

Contains: Eggs



1 tsp | 2 tsp  
Chili Flakes



6 TBSP | 12 TBSP  
Parmesan Cheese

Contains: Milk



½ oz | 1 oz  
Sunflower Seeds



1 | 2

Croutons

Contains: Milk, Wheat



✓ **READY, SET,  
LUNCH!**



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

**TOTAL TIME: 10 MIN | CALORIES: 620**



### BUST OUT

- Strainer
- Paper towels
- Large bowl
- Whisk
- Kosher salt
- Black pepper

### WE PROPOSE A TOAST

If you have an extra minute or two, toast the sunflower seeds in a small dry pan over medium heat until golden to enhance their nuttiness and crunch.

### GET SOCIAL

Share your **#HelloFreshPics**  
with us **@HelloFresh**

(646) 846-3663 | hello@hellofresh.com

**HelloFresh.com**

## LEMONY CHICKPEA SALAD WITH PROSCIUTTO

with Honey Dijon Dressing, Parmesan & Sunflower Seeds

### INSTRUCTIONS

- **Wash and dry produce.**
- Halve **lemon**. Trim and discard root end from **lettuce**; roughly chop into bite-size pieces. Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. Roughly tear **prosciutto** into bite-size pieces.
- In a large bowl, whisk together **honey Dijon dressing**, **juice from half the lemon** (*whole lemon for 4 servings*), a **pinch of salt and pepper**, and as many **chili flakes** as you like.
- To bowl with **dressing mixture**, add **lettuce, chickpeas, Parmesan, and sunflower seeds**; toss to combine.
- Divide **salad** between bowls. Top with **prosciutto** and **croutons**. Serve.