



Spiced Roasted Chickpea Salad with Tahini Sauce and Almonds

Veggie 30 Minutes



Chickpeas



Shawarma Spice Blend



Spring Mix



Carrot, julienned



Mini Cucumber



Baby Tomatoes



Lemon



Garlic, cloves



Tahini



Parsley



Almonds, sliced



Plant-Based Mayonnaise

HELLO TAHINI

A popular Middle Eastern condiment made from ground sesame!

Start here

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

Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust out

Baking sheet, medium non-stick pan, measuring spoons, strainer, zester, large bowl, small bowl, whisk, paper towels

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Shawarma Spice Blend	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Carrot, julienned	56 g	113 g
Mini Cucumber	132 g	264 g
Baby Tomatoes	113 g	227 g
Lemon	2	4
Garlic, cloves	1	2
Tahini	2 tbsp	4 tbsp
Parsley	14 g	28 g
Almonds, sliced	28 g	56 g
Plant-Based Mayonnaise	4 tbsp	8 tbsp
Sugar*	1 ¼ tsp	2 ½ tsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Roast chickpeas

- Drain and rinse **chickpeas**. Add **chickpeas** to an unlined baking sheet, then thoroughly pat dry with paper towels.
- Reserve **½ tsp Shawarma Spice Blend** (dbl for 4 ppl) in a small bowl.
- Add **remaining Shawarma Spice Blend**, **1 tbsp oil** and **½ tsp salt** (dbl both for 4 ppl) to the baking sheet with **chickpeas**. Season with **pepper**, then toss to coat.
- Roast **chickpeas** in the **top** of the oven, stirring halfway through, until golden-brown and crispy, 24-26 min.



Make vinaigrette and marinate veggies

- Meanwhile, add **lemon zest**, **half the lemon juice**, **½ tsp sugar** and **1 ½ tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **carrots**, **cucumbers** and **tomatoes**, then toss to combine. Set aside.



Prep

- Meanwhile, cut **cucumbers** into ¼-inch rounds.
- Halve **tomatoes**.
- Zest, then juice **lemons**.
- Roughly chop **parsley**.
- Peel, then mince or grate **garlic**.



Make tahini sauce

- Add **mayo**, **tahini**, **remaining lemon juice**, **1 ½ tbsp water**, **¾ tsp sugar** (dbl both for 4 ppl) and **1 tsp garlic** to the small bowl with **reserved Shawarma Spice Blend**. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, to taste, then stir until smooth.



Toast almonds

- Heat a medium non-stick pan over medium heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!)
- Transfer **almonds** to a plate.



Finish and serve

- Add **spring mix** and **parsley** to the large bowl with **marinated veggies**. Toss to combine.
- Divide **salad** between plates. Drizzle with **half the tahini sauce**.
- Sprinkle **chickpeas** and **almonds** over top.
- Drizzle with **remaining tahini sauce**.

Dinner Solved!