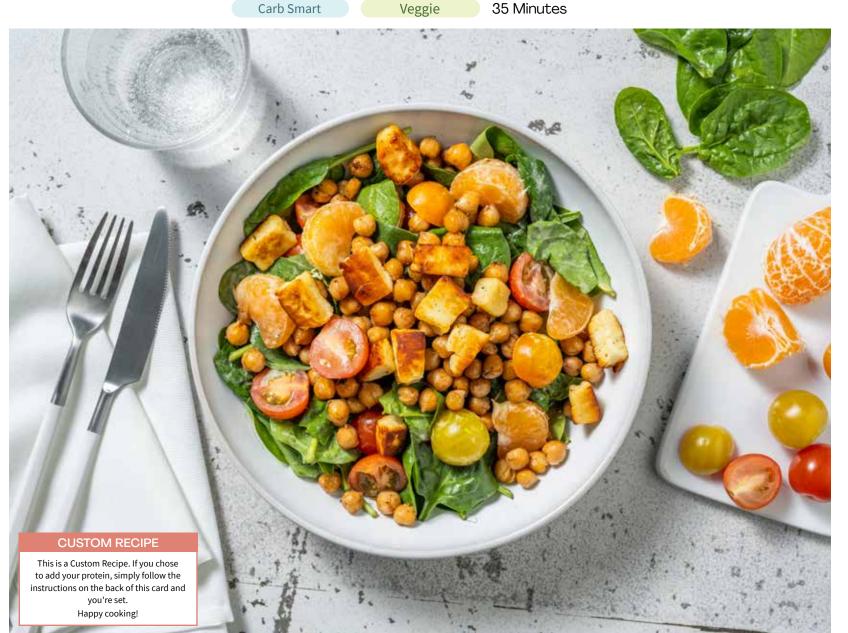


# Carb Smart Crispy Chickpea Paneer Salad

with Cucumbers and Honey-Tahini Drizzle



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Chickpeas



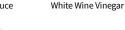
Shawarma Spice

Blend





Tahini Sauce





Honey



**Baby Spinach** 



Mini Cucumber



Baby Heirloom **Tomatoes** 

### Start here

• Before starting, preheat the oven to 450°F. Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

#### **Bust out**

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

# Ingredients

	2 Person	4 Person
Paneer	200 g	400 g
Chicken Breasts	250 g	500 g
Chickpeas	370 ml	740 ml
Shawarma Spice Blend	1 tbsp	2 tbsp
Tahini Sauce	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Honey	1 tbsp	2 tbsp
Baby Spinach	113 g	227 g
Mini Cucumber	1	2
Baby Heirloom Tomatoes	113 g	227 g
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		

Salt and Pepper\*

- \*\*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.



## Roast chickpeas

- Drain and rinse **chickpeas**, then pat dry with paper towels.
- Add chickpeas, Shawarma Spice Blend and 2 tbsp (4 tbsp) oil to an unlined baking sheet. Season with salt and pepper, then toss to coat.
- Roast chickpeas in the bottom of the oven, stirring halfway through, until golden-brown and crispy, 22-25 min.



#### Prep

- Cut paneer into ½-inch cubes.
- Cut cucumber into 1/4-inch rounds.
- Halve tomatoes.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\*



#### Panfry Paneer

- When **chickpeas** are almost done, heat a large non-stick pan over medium-high.
- When hot, add **1 tbsp butter**, then swirl the pan until melted, 1 min.
- Add paneer and season with salt and pepper. (NOTE: Don't overcrowd the pan; cook paneer in 2 batches for 4 ppl, using 1 tbsp butter per batch.)
- Pan-fry, turning **cubes** occasionally, until crispy and golden, 5-6 min.
- Transfer to a plate and set aside.



#### Make dressing

• Meanwhile, add vinegar, honey, tahini and 1 tbsp (2 tbsp) oil to a small bowl. Season with salt and pepper, to taste, then whisk to combine.



#### Toss salad

• Add baby spinach, cucumbers and tomatoes to a large bowl. Drizzle half the dressing over top, then toss to combine.



#### Finish and serve

- Add paneer to the baking sheet with chickpeas. Toss to combine.
- Divide **salad** between plates. Top with **paneer** and **chickpeas**.
- Drizzle remaining vinaigrette over top.

Thinly slice **chicken**. Top **final plates** with **chicken**.

**Dinner Solved!** 

<sup>\*</sup> Pantry items