



Carb Smart Crispy Chickpea Paneer Salad with Cucumbers and Honey-Tahini Drizzle

Carb Smart

Veggie

35 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to add your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

-  Paneer
-  Chicken Breasts
-  Chickpeas
-  Shawarma Spice Blend
-  Tahini Sauce
-  White Wine Vinegar
-  Honey
-  Baby Spinach
-  Mini Cucumber
-  Baby Heirloom Tomatoes

HELLO CLEMENTINE

These tiny seedless fruits are sweeter than most other citrus fruits!

Start here

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

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

* 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.



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.



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.



Prep

- Cut **paneer** into ½-inch cubes.
- Cut **cucumber** into ¼-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.**



Toss salad

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



Pan-fry 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.



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!



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