

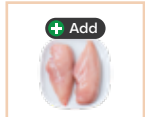


Roasted Chickpea Salad

with Honey-Tahini Drizzle and Stovetop Croutons

Veggie

40 Minutes



Chicken Breasts
2 | 4

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chickpeas
1 | 2



Shawarma Spice Blend
1 tbsp | 2 tbsp



Spring Mix
113 g | 227 g



Carrot, julienned
56 g | 113 g



Sweet Bell Pepper
1 | 2



Baby Tomatoes
113 g | 227 g



Lemon
1 | 2



Garlic, cloves
1 | 2



Tahini
2 tbsp | 4 tbsp



Parsley
14 g | 28 g



Honey
1 | 2



Ciabatta Roll
1 | 2

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.

1



Prep chickpeas

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.
- Drain and rinse **chickpeas**.
- Add **chickpeas** to an unlined baking sheet. Thoroughly pat dry with paper towels. (TIP: This will help prevent chickpeas from popping in the oven!)
- Reserve ½ tsp (1 tsp) **Shawarma Spice Blend** in a small bowl.
- Sprinkle **remaining Shawarma Spice Blend** and ½ tsp (¾ tsp) **salt** over **chickpeas**, then season with **pepper**. Drizzle **1 tbsp** (2 tbsp) **oil** over top, then toss to coat.

2



Roast chickpeas

- Roast **chickpeas** in the **bottom** of the oven, stirring halfway through, until golden-brown and crisp, 32-35 min. (TIP: If chickpeas start popping in the oven, loosely cover with foil. Roasting chickpeas covered may prevent them from getting crisp.)

3



Prep

- Meanwhile, core then cut **pepper** into ½-inch pieces.
- Zest, then juice **lemon**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Halve **tomatoes**.
- Tear or cut **ciabatta** into 1-inch pieces.

4



Toast croutons

+ Add | Chicken Breasts

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **ciabatta**. Toast, stirring occasionally, until golden-brown, 5-7 min.
- Add **half the garlic**, then season with **salt** and **pepper**. Toast, tossing often, until fragrant, 30 sec.
- Transfer **croutons** to a plate.

5



Make dressing and tahini drizzle

- Meanwhile, add **lemon zest**, **half the honey**, **2 tsp** (4 tsp) **lemon juice**, **1 ½ tbsp** (3 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tahini**, **remaining honey**, **remaining garlic**, ½ tsp (¾ tsp) **lemon juice** and **1 tbsp** (1 ½ tbsp) **water** to the small bowl with **reserved Shawarma Spice**. Season with **salt** and **pepper**, then whisk to combine.

6



Finish and serve

+ Add | Chicken Breasts

- Add **spring mix**, **parsley**, **tomatoes**, **carrots** and **peppers** to the large bowl with **dressing**. Toss to combine.
- Divide **salad** between plates. Spoon **half the tahini drizzle** over **salad**.
- Sprinkle **chickpeas** and **croutons** over top.
- Spoon **remaining tahini drizzle** over plate.

4 | Cook chicken

+ Add | Chicken Breasts

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.**

6 | Finish and serve

+ Add | Chicken Breasts

Thinly slice **chicken**. Arrange on top of **plated salad**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.



Issue with your meal? Scan the QR code to share your feedback.