



# Roasted Chickpea Salad

## with Honey-Tahini Drizzle and Stovetop Croutons


Veggie 40 Minutes



**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!

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-  Chickpeas
-  Chicken Breasts
-  Shawarma Spice Blend
-  Spring Mix
-  Carrot, julienned
-  Mini Cucumber
-  Baby Heirloom Tomatoes
-  Lemon
-  Garlic, cloves
-  Tahini
-  Parsley
-  Honey
-  Ciabatta Roll

## Start here

- Before starting, preheat the oven to 400°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, strainer, zester, large bowl, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Chicken Breasts*	2	4
Shawarma Spice Blend	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Carrot, julienned	56 g	113 g
Mini Cucumber	2	4
Baby Heirloom Tomatoes	113 g	227 g
Lemon	1	2
Garlic, cloves	1	2
Tahini	2 tbsp	4 tbsp
Parsley	14 g	28 g
Honey	1 tbsp	2 tbsp
Ciabatta Roll	1	2
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.



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1



### Prep chickpeas

- 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.

4



### Toast croutons

- 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.

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat the same large non-stick pan over medium. 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.\*\*

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.)

5



### Make dressing and tahini drizzle

- Meanwhile, add **lemon zest**, **half the honey**, **2 tsp** (4 tsp) **lemon juice** and **1 ½ tbsp** (3 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, to taste, 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 Blend**. Season with **salt** and **pepper**, to taste, then whisk to combine.

3



### Prep

- Meanwhile, cut **cucumbers** into ¼-inch rounds.
- Zest, then juice **lemon**.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Halve **tomatoes**.
- Tear or cut **ciabatta** into 1-inch pieces.

6



### Finish and serve

- Add **spring mix**, **parsley**, **tomatoes**, **carrots** and **cucumbers** 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.

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

## Dinner Solved!