

# Roasted Chickpea Salad

with Honey-Tahini Drizzle and Stovetop Croutons

Veggie

40 Minutes











Shawarma Spice Blend









Spring Mix

Carrot, julienned Mini Cucumber







Lemon

Baby Heirloom Tomatoes









Garlic, cloves







Ciabatta Roll



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!

**HELLO TAHINI** 

# Start here

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

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

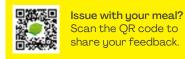
Salt and Pepper\*

- \*\*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.





# 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 1/2 tsp (1 tsp) Shawarma Spice Blend in a small bowl.
- Sprinkle remaining Shawarma Spice Blend and 1/2 tsp (3/4 tsp) salt over chickpeas, then season with **pepper**. Drizzle **1 tbsp** (2 tbsp) **oil** over top, then toss to coat.



## 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.)



### Prep

- · Meanwhile, cut cucumbers into 1/4-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.



#### 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.\*\*



# 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.



#### 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!** 

<sup>\*</sup> Pantry items