



# SPINACH CAPRESE SALAD

with Herbed Chickpeas, Caramelized Shallot & Balsamic Vinaigrette

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 | 2  
Shallot



1 TBSP | 1 TBSP  
Italian Seasoning



4 oz | 8 oz  
Grape Tomatoes



4 oz | 8 oz  
Fresh Mozzarella  
Contains: Milk



5 tsp | 10 tsp  
Balsamic Vinegar



1 | 2  
Ciabatta  
Contains: Soy, Wheat



1 tsp | 2 tsp  
Garlic Powder



2 TBSP | 2 TBSP  
Mayonnaise  
Contains: Eggs



2 tsp | 2 tsp  
Dijon Mustard



5 oz | 10 oz  
Spinach



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## HelloCustom

2 PERSON | 4 PERSON

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HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 1240

PREP: 10 MIN | COOK: 25 MIN | CALORIES: 1050



HELLO

## CAPRESE

A salad of tomatoes and fresh mozz that hails from the Italian isle of Capri.

## SOFTEN UP

Fresh mozzarella has a buttery texture that's creamier than the shredded stuff. Let it come to room temperature before enjoying.

## BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small bowl
- Large bowl
- Whisk
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp) (1 tsp | 1 tsp)
- Sugar (1 tsp | 2 tsp)
- Olive oil (6 TBSP | 12 TBSP)

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## 1 ROAST CHICKPEAS & SHALLOT

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees.
- Drain and rinse **chickpeas**; pat very dry with paper towels. Halve, peel, and cut **shallot** into ½-inch-thick wedges.
- Toss chickpeas and shallot on a baking sheet with a **drizzle of oil, half the Italian seasoning (all for 4), salt, and pepper**.
- Roast on top rack until chickpeas are golden and tender and shallot is caramelized, 18-20 minutes. **(You'll add more to the sheet after 11 minutes.)**



## 4 MAKE DRESSING

- Remove **tomatoes** from bowl and set aside, leaving **marinade** behind.
- Whisk **half the mayonnaise** and **half the mustard** into marinade until smooth. **(For 4 servings, use all the mayonnaise and mustard.)**
- Slowly whisk in **4 TBSP olive oil (8 TBSP for 4)**, drizzling a little bit at a time, until creamy. Season with **salt and pepper**. Reserve **1½ TBSP dressing (3 TBSP for 4)** for serving.



## 2 PREP & MARINATE TOMATOES

- Meanwhile, **wash and dry produce**.
- Halve **tomatoes**. Dice **mozzarella** into ½-inch cubes.
- Place tomatoes in a small bowl; toss with **vinegar, 1 tsp sugar (2 tsp for 4 servings), and a big pinch of salt**.
- Pat **chicken\*** dry with paper towels; season with **salt and pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board.



## 5 MAKE SALAD

- Add **spinach** to bowl with cooled **chickpeas, shallot, and croutons**. Toss with **remaining dressing** until evenly coated.



## 3 MAKE CROUTONS

- Halve **ciabatta** lengthwise; cut into ¾-inch strips. Tear strips into rough cubes. Transfer to a large bowl; toss with **2 TBSP olive oil (4 TBSP for 4 servings), garlic powder, salt, and pepper**.
- Once chickpeas and shallot have roasted 11 minutes, remove from oven and push to one side of sheet; carefully add **croutons** to empty side. **(For 4, add croutons to a second sheet; toast on middle rack.)** Return to top rack until golden and crispy, 7-9 minutes. Wipe out bowl.
- Carefully transfer everything to bowl used to season croutons to cool.



## 6 SERVE

- Divide **salad** between plates. Top with **mozzarella and tomatoes**. Drizzle with **reserved dressing** and season with **salt and pepper**. Serve.
- Slice **chicken** crosswise; add to **salad** along with **mozzarella and tomatoes**.

\*Chicken is fully cooked when internal temperature reaches 165°.