



# ROASTED CHICKPEA CAESAR SALAD

with Grape Tomatoes & Garlicky Croutons

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Chickpeas



1 TBSP | 1 TBSP  
Ranch Spice



1 | 1  
Lemon



4 oz | 8 oz  
Grape Tomatoes



1 | 2  
Baby Lettuce



6 TBSP | 12 TBSP  
Mayonnaise  
Contains: Eggs



2 TBSP | 2 TBSP  
Soy Sauce  
Contains: Soy, Wheat



2 tsp | 4 tsp  
Garlic Powder



2 tsp | 2 tsp  
Dijon Mustard



1 tsp | 1 tsp  
Hot Sauce



1 | 2  
Demi-Baguette  
Contains: Soy, Wheat



3 TBSP | 6 TBSP  
Parmesan Cheese  
Contains: Milk



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## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chicken Cutlets

Calories: 1210



10 oz | 20 oz  
Salmon  
Contains: Fish

Calories: 1380



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 1030



HELLO

### CHICKPEA CAESAR

A plant-powered spin on the classic savory salad

### PEAS OF MIND

After draining and rinsing your chickpeas, gently pat them super-dry with paper towels so they crisp up in the oven.

### BUST OUT

- Strainer
- Paper towels
- Baking sheet
- Small bowl
- Whisk
- Medium bowl
- Large bowl
- Large pan
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp)
- Olive oil (2 TBSP | 4 TBSP)

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

\*Salmon is fully cooked when internal temperature reaches 145°.



### 1 ROAST CHICKPEAS

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Drain and rinse chickpeas; dry thoroughly with paper towels. Toss on a baking sheet with a large drizzle of oil, half the Ranch Spice (all for 4), and 1/2 tsp salt (1 tsp for 4).
- Roast on top rack for 13 minutes (you'll add more to the sheet then). (It's natural for chickpeas to pop a bit while roasting.)

- Pat chicken\* or salmon\* dry with paper towels, season all over with salt and pepper. Heat a drizzle of oil in a large, preferably nonstick, pan over medium-high heat. Add chicken or salmon (skin sides down); cook chicken until cooked through, 3-5 minutes per side, or cook salmon until skin is crisp, 5-7 minutes, then flip and cook until cooked through, 1-2 minutes more. Transfer to a cutting board to rest.



### 3 MAKE CROUTONS

- Cut baguette into 1/2-inch cubes. TIP: Slice baguette lengthwise, like you're making a sandwich, then cut each half into 1/2-inch strips to make cubes.
- In a medium bowl, toss bread with remaining garlic powder, 2 TBSP olive oil (4 TBSP for 4 servings), salt, and pepper until coated.
- Once chickpeas have roasted 13 minutes, remove sheet from oven. Carefully push chickpeas to one side of sheet. Spread bread out on empty side. (For 4, leave chickpeas roasting. Use a second sheet for bread; toast on middle rack.)
- Return to top rack until croutons are golden brown, 5-7 minutes.



### 2 PREP & MAKE DRESSING

- Quarter lemon. Chop lettuce into bite-size pieces. Halve tomatoes lengthwise.
- In a small bowl, whisk together mayonnaise, half the mustard, half the hot sauce, 1 tsp soy sauce (we sent more), 1/2 tsp garlic powder, juice from two lemon wedges, and a big pinch of pepper. (For 4, use all the mustard, all the hot sauce, 2 tsp soy sauce, 1 tsp garlic powder, and juice from whole lemon.) (TIP: If needed, add water 1/2 tsp at a time until mixture reaches a drizzling consistency.)



### 4 ASSEMBLE SALAD & SERVE

- In a large bowl, toss lettuce with as much dressing as you like. Add tomatoes, croutons, half the chickpeas, and half the Parmesan; toss to combine.
- Divide salad between plates. Top with remaining chickpeas and remaining Parmesan. Serve with any remaining lemon wedges on the side.

- Slice chicken crosswise. Serve chicken or salmon atop salad.