



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 1

Lemon



4 oz | 8 oz

Kale



1 | 2

Chickpeas



2 oz | 4 oz

Prosciutto



1.5 oz | 3 oz
Honey Dijon
Dressing

Contains: Eggs



1 tsp | 2 tsp
Chili Flakes



6 TBSP | 12 TBSP
Parmesan Cheese

Contains: Milk



½ oz | 1 oz
Sunflower Seeds



1 | 2

Croutons

Contains: Milk, Wheat

LEMONY CHICKPEA KALE SALAD WITH PROSCIUTTO

plus Honey Dijon Dressing, Parmesan & Sunflower Seeds



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 630



BUST OUT

- Strainer
- Paper towels
- Large bowl
- Whisk
- Kosher salt
- Black pepper

WE PROPOSE A TOAST

If you have an extra minute or two, toast the sunflower seeds in a small dry pan over medium heat until golden to enhance their nuttiness and crunch.

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LEMONY CHICKPEA KALE SALAD WITH PROSCIUTTO

plus Honey Dijon Dressing, Parmesan & Sunflower Seeds

INSTRUCTIONS

- **Wash and dry produce.**
- Halve **lemon**. Remove and discard any large stems from **kale**; chop into bite-size pieces. Using your hands, massage kale (**similar to how you would knead dough**) until leaves are tender, 1 minute. Drain and rinse **chickpeas**; thoroughly pat dry with paper towels. Roughly tear **prosciutto** into bite-size pieces.
- In a large bowl, whisk together **honey Dijon dressing**, **juice from half the lemon** (**whole lemon for 4 servings**), a **pinch of salt and pepper**, and as many **chili flakes** as you like.
- To bowl with **dressing mixture**, add **kale, chickpeas, Parmesan, and sunflower seeds**; toss to combine.
- Divide **salad** between bowls. Top with **prosciutto** and **croutons**. Serve.