

# **INGREDIENTS**

2 PERSON | 4 PERSON



Chickpeas





**Grape Tomatoes** 





Demi-Baguette Contains: Soy, Wheat



1TBSP | 1TBSP Ranch Spice



1½ oz | 3 oz Caesar Dressing Contains: Eggs, Fish, Milk



4 oz | 8 oz



Lemon

2 tsp | 3 tsp

Garlic Powder

3 TBSP | 6 TBSP Parmesan Cheese Contains: Milk



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



# **HelloCustom**

2 PERSON | 4 PERSON

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

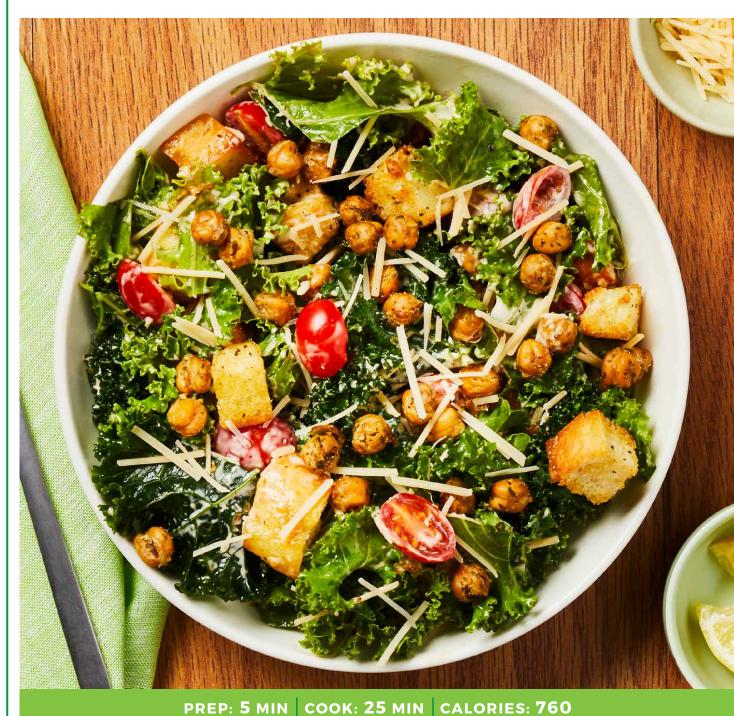


10 oz | 20 oz S Chicken Cutlets



# **ROASTED CHICKPEA & KALE CAESAR SALAD**

with Grape Tomatoes & Garlicky Croutons





## **HELLO**

#### **RANCH SPICE**

All the flavor of the dressing in one sprinkle-able seasoning

#### **PEAS OF MIND**

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

## **BUST OUT**

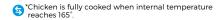
- Strainer
- Medium bowl
- Paper towels
- Large bowl
- Baking sheet
- Large pan 🔄
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) (5
- Olive oil (7 tsp | 13 tsp)

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## **1 ROAST CHICKPEAS**

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees.
- 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 ½ tsp salt (1 tsp for 4).
- Roast on top rack until chickpeas are slightly crispy,
   18-20 minutes (you'll add more to the sheet after 13 minutes).
   (It's natural for chickpeas to pop a bit while roasting.)



#### **3 MAKE CROUTONS**

- Cut **baguette** into ½-inch cubes. TIP: Slice baguette lengthwise, like you're making a sandwich, then cut each half into ½-inch strips to make cubing extra easy.
- In a medium bowl, toss bread with 1½ tsp garlic powder (all the garlic powder for 4 servings), 2 TBSP olive oil (4 TBSP for 4), salt, and pepper until evenly 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 and crisp. 5-7 minutes.



#### 2 PREP

- · Meanwhile, wash and dry produce.
- Remove and discard any large stems from kale; chop into bite-size pieces. Halve tomatoes lengthwise. Quarter lemon.
- Pat **chicken\*** dry with paper towels; season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over mediumhigh heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board.



#### **4 ASSEMBLE SALAD & SERVE**

- Meanwhile, in a large bowl, add kale and a drizzle of olive
  oil; lightly season with salt. Using your hands, massage kale
  until leaves are tender, 30-60 seconds. TIP: Don't skip this
  step—massaging helps the kale leaves wilt slightly, lending a
  tender (never fibrous!) texture.
- Add 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 lemon wedges on the side.



Slice **chicken** crosswise; serve atop **salad**.