



ROASTED CHICKPEA & KALE 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



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



2 tsp | 3 tsp
Garlic Powder



1 | 2
Demi-Baguette
Contains: Soy, Wheat



4 oz | 8 oz
Kale



3 TBSP | 6 TBSP
Parmesan Cheese
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

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10 oz | 20 oz
Chicken Cutlets

Calories: 940



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 760



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 super-dry with paper towels so they crisp up in the oven.

BUST OUT

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

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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 medium-high 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**.

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