



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

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: 1240



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 1320



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 1060



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)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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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 1/2-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 1 1/2 TBSP dressing (3 TBSP for 4) for serving.



2 PREP & MARINATE TOMATOES

- Meanwhile, wash and dry produce.
- Halve tomatoes. Dice mozzarella into 1/2-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* or beef* dry with paper towels and season all over with salt and pepper. Heat a drizzle of oil in a large pan over medium-high heat. Add chicken or beef; cook chicken until cooked through, 3-5 minutes per side, or cook beef to desired doneness, 4-7 minutes per side. Turn off heat; 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 3/4-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 or beef against the grain; add to salad along with mozzarella and tomatoes.

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

🇨🇦 *Beef is fully cooked when internal temperature reaches 145°.