



# 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



ANY ISSUES WITH YOUR ORDER?  
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## 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  
Chicken Cutlets

Calories: 1240



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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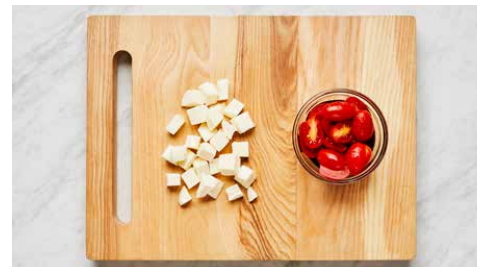
### 1 ROAST CHICKPEAS & SHALLOT

- 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\* 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.



### 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 crosswise; add to salad along with mozzarella and tomatoes.

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