



CREAMY CHICKPEA SALAD SANDWICHES

with Lemony Spinach & Potato Wedges

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



1 TBSP | 1 TBSP
Fry Seasoning



1 | 2
Lemon



1 | 2
Chickpeas



2 | 4
Scallions



¼ oz | ¼ oz
Dill



4 TBSP | 8 TBSP
Mayonnaise
Contains: Eggs



1½ TBSP | 3 TBSP
Sour Cream
Contains: Milk



2 tsp | 4 tsp
Dijon Mustard



1 | 2
Miso Sauce Concentrate
Contains: Soy



1 tsp | 2 tsp
Garlic Powder



4 Slices | 8 Slices
Sourdough Bread
Contains: Soy, Wheat



2.5 oz | 5 oz
Spinach



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



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: 1170



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 990



HELLO

DIJON MUSTARD

The classic French condiment adds a flavorful, piquant punch.

HOT POTATO

We all love crispy potatoes! To get 'em extra crunchy, place your baking sheet in the oven while it preheats. Sizzlin' spuds on a hot pan = crispy goodness!

BUST OUT

- Baking sheet
 - 2 Medium bowls
 - Strainer
 - Potato masher
 - Paper towels
 - Large pan
 - Small bowl
- Kosher salt
 - Black pepper
 - Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) ⚡
 - Sugar (¼ tsp | ½ tsp)
 - Olive oil (1 tsp | 1 tsp)
 - Butter (1 TBSP | 1 TBSP)
Contains: Milk

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 POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Toss on a baking sheet with a **large drizzle of oil, half the Fry Seasoning (all for 4 servings), salt,** and **pepper.**
- Roast on top rack until browned and tender, 20-25 minutes.



2 PREP

- Meanwhile, quarter **lemon**. Drain and rinse **chickpeas**; pat dry with paper towels. Trim and thinly slice **scallions**. Pick **dill fronds** from stems; finely chop fronds.
- ⚡ Pat **chicken*** 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; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a plate. Wipe out pan.



4 MAKE CHICKPEA SALAD

- Place **chickpeas** in a medium bowl and mash with a potato masher or fork until about half the chickpeas are smooth (**leave some larger chickpeas pieces for texture-packed bites!**).
- Stir in **scallions, half the mayonnaise mixture,** as much **dill** as you like, and **lemon juice** to taste. Season with **salt** and **pepper**.



5 TOAST BREAD & TOSS SPINACH

- Melt **1 TBSP butter** in a large pan over medium heat. Add **sourdough slices**; toast until golden brown, 2-3 minutes per side. (**Work in batches if necessary, adding more butter for each batch.**)
- In a second medium bowl (**large bowl for 4 servings**), toss **spinach** with a **drizzle of olive oil, a squeeze of lemon juice, salt,** and **pepper**.

⚡ Use pan used for chicken here.



3 MAKE MAYO MIXTURE

- In a small bowl, combine **mayonnaise, sour cream, mustard, miso sauce concentrate, garlic powder, ¼ tsp sugar (½ tsp for 4 servings),** and a **squeeze of lemon juice**. Season with **salt** and **pepper**.



6 ASSEMBLE & SERVE

- Spread **half the sourdough slices** with **remaining mayonnaise mixture**.
- Top **remaining sourdough slices** with **chickpea salad** and as much **spinach** as you like. Close **sandwiches** and halve on a diagonal.
- Divide sandwiches, **potato wedges,** and any remaining spinach between plates. Serve.

⚡ Top **remaining sourdough slices** with **chickpea salad, chicken,** and as much **spinach** as you like.

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