



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



6 TBSP | 12 TBSP
Mayonnaise
Contains: Eggs



2 TBSP | 2 TBSP
Soy Sauce
Contains: Soy, Wheat



2 tsp | 4 tsp
Garlic Powder



2 tsp | 2 tsp
Dijon Mustard



1 tsp | 1 tsp
Hot Sauce



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

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



10 oz | 20 oz
Shrimp
Contains: Shellfish
Calories: 1140



10 oz | 20 oz
Chopped Chicken Breast
Calories: 1210



PREP: 5 MIN | COOK: 25 MIN | CALORIES: 1020



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
- Small bowl
- Whisk
- Medium bowl
- Large bowl
- Large pan 🍳 🍳

- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp) (1 tsp | 1 tsp) 🍳 🍳
- Olive oil (7 tsp | 13 tsp)

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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🍳 *Shrimp are fully cooked when internal temperature reaches 145°.

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



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 for 13 minutes (**you'll add more to the sheet then**). (It's natural for chickpeas to pop a bit while roasting.)



4 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 **remaining garlic powder**, **2 TBSP olive oil** (4 TBSP for 4 servings), **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**.
- Quarter **lemon**. Halve **tomatoes** lengthwise. Remove and discard any large stems from **kale**; chop into bite-size pieces.



5 ASSEMBLE SALAD

- 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 **tomatoes**, **croutons**, **half the chickpeas**, **half the Parmesan**, and as much **dressing** as you like; toss to combine.



3 MAKE DRESSING

- In a small bowl, whisk together **mayonnaise**, **half the mustard**, **half the hot sauce**, **1 tsp soy sauce** (we sent more), **½ tsp garlic powder**, and **juice from two lemon wedges**. (For 4, use all the mustard, all the hot sauce, 2 tsp soy sauce, 1 tsp garlic powder, and juice from whole lemon.) **TIP: If dressing seems too thick, add water ½ tsp at a time until mixture reaches a drizzling consistency.**
- Season generously with **pepper**.

- 🍳 Rinse **shrimp*** under cold water; pat shrimp or **chicken*** dry with paper towels. Season with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add shrimp or chicken in a single layer; cook, stirring occasionally, until cooked through, 4-6 minutes.



6 FINISH & SERVE

- Divide **salad** between plates or shallow bowls. Top with **remaining chickpeas** and **remaining Parmesan**. Serve with any **remaining lemon wedges** on the side.

- 🍳 Serve **shrimp** or **chicken** atop **salad**.