



BBQ CHICKPEA SPINACH SALAD

with Ranch Dressing & Avocado

INGREDIENTS

2 PERSON | 4 PERSON



5 oz | 10 oz
Spinach



1.5 oz | 3 oz
Buttermilk Ranch Dressing
Contains: Eggs, Milk



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



1 | 1
Red Onion



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



1 | 2
Avocado



13.4 oz | 26.8 oz
Chickpeas



4 oz | 8 oz
Grape Tomatoes



1 tsp | 2 tsp
Smoked Paprika



1 tsp | 2 tsp
Garlic Powder



1 TBSP | 1 TBSP
Sweet and Smoky BBQ Seasoning

** In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.



HelloCustom

2 PERSON | 4 PERSON

If you chose to add a protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.



10 oz | 20 oz
Chicken Cutlets**

Calories: 810



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 620



HELLO



SWEET AND SMOKY BBQ SEASONING

This flavorful rub of smoked paprika, mustard, cumin, and ginger gives chickpeas savory, smokehouse flavor.

DRY, DRY AGAIN

When prepping your chickpeas, you'll want them as dry as possible to help 'em roast to crispy perfection. (The more moisture there is on the surface, the more likely they are to steam!) After draining and rinsing, place the chickpeas on a layer of paper towels (or a clean kitchen towel) and gently roll to dry on all sides.

BUST OUT

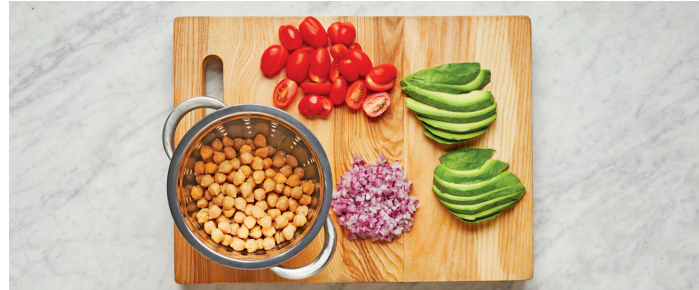
- Strainer
- Paper towels
- 2 Large bowls
- Baking sheet
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Sugar (¼ tsp | ½ tsp)
- Large pan 
- Cooking oil (1 tsp | 1 tsp) 

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



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Drain and rinse **chickpeas**; pat very dry with paper towels. Halve **grape tomatoes** lengthwise. Halve, peel, and finely dice **half the onion (whole onion for 4)**. Halve and pit **avocado**; using a spoon, scoop out avocado from each half, then slice.



3 MAKE DRESSING & SALAD

- Meanwhile, in a small bowl, whisk together **ranch dressing, sour cream, remaining garlic powder**, and a **pinch of salt and pepper**. Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.
- Once chickpeas are done, in a second large bowl, toss together **tomatoes, half the chickpeas (save the rest for serving)**, and **2 TBSP diced onion (4 TBSP for 4 servings)**. (**Add more diced onion if desired.**) Season with **salt and pepper** to taste.
- Add **spinach**; toss with **half the dressing (save the rest for serving)** until lightly coated.

 Toss **chicken** with **salad**.



2 ROAST CHICKPEAS

- In a large bowl, combine a **large drizzle of oil, paprika, half the soy sauce (all for 4 servings), half the BBQ seasoning (all for 4), half the garlic powder (you'll use the rest in the next step)**, and **¼ tsp sugar (½ tsp for 4)**.
- Add **chickpeas** to bowl; stir until fully coated. Season generously with **salt and pepper**.
- Spread chickpeas out on a baking sheet. Roast on top rack until lightly browned, 18-20 minutes. (**For 4 servings, divide between 2 baking sheets; roast on top and middle racks, tossing chickpeas and swapping rack positions halfway through roasting.**)

 While chickpeas roast, 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 and cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board. Once cool enough to handle, thinly slice crosswise.



4 SERVE

- Divide **salad** between bowls. Top with **remaining chickpeas and avocado**; season with a **pinch of salt and pepper**. Drizzle with **remaining dressing** to taste and serve.

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