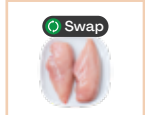




High-Protein Chicken and Chickpea Bowls

with Kale Salad and Roasted Veggies

High-Protein Power 30 Minutes



Organic Chicken Breasts
2 | 4

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Breasts
2 | 4



Wild Rice Medley
½ cup | 1 cup



Sweet Potato
2 | 4



Baby Spinach
28 g | 56 g



Kale, chopped
56 g | 113 g



Chickpeas
1 | 2



Cumin-Turmeric
Spice Blend
4 g | 8 g



Basil Pesto
¼ cup | ½ cup



Radish
3 | 6



Mayonnaise
2 tbsp | 4 tbsp



Zesty Garlic
Blend
7 g | 14 g



Feta Cheese,
crumbled
½ cup | 1 cup



White Wine
Vinegar
1 tbsp | 2 tbsp

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Cook rice

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Using a strainer, rinse **rice** until water runs clear.
- To a medium pot, add **wild rice medley**, **half the Zesty Garlic Blend**, **1/8 tsp (1/4 tsp) salt** and **1 cup (2 cups) water**. Bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook for 20-24 min, until **rice** is tender and liquid is absorbed.
- Remove the pot from heat. Set aside, still covered.

4



Prep

- Meanwhile, thinly slice **radishes**.
- Drain and rinse **chickpeas**.
- In a medium bowl, whisk **vinegar**, **1 tbsp (2 tbsp) oil** and **1/2 tsp (1 tsp) sugar**. Set aside.
- In a small bowl, stir together **pesto** and **mayo**. Season with **salt** and **pepper**. Set aside.

2



Roast sweet potatoes

- Meanwhile, cut **sweet potatoes** into 1/2-inch pieces. To a parchment-lined baking sheet, add **sweet potatoes** and **1 tbsp (2 tbsp) oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven for 16-18 min, stirring halfway through, until tender and golden.

5



Cook chickpeas

- Heat the same pan (used in step 3) over medium. When hot, add **1 tbsp (2 tbsp) oil**, then **chickpeas**, **Cumin-Turmeric Spice Blend** and **2 tbsp (4 tbsp) water**. Cook for 3-4 min, stirring often, until warmed through and fragrant. Season with **salt** and **pepper**.

3



Cook chicken

🔄 Swap | [Organic Chicken Breasts](#)

- Meanwhile, pat **chicken** dry with paper towels. Season with **remaining Zesty Garlic Blend**, **salt** and **pepper**.
- In a large non-stick pan, heat **1 tbsp (2 tbsp) oil** over medium-high. When hot, add **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches if needed.) Cook 1-2 min per side, until golden. Transfer **chicken** to an unlined baking sheet. Roast in the **middle** of the oven for 10-12 min, until cooked through.** (**TIP:** Keep the pan nearby! We'll use it in step 5).

6



Finish and serve

- Add **kale**, **spinach** and **radishes** to the bowl with **vinaigrette**, then toss to combine. Season with **salt** and **pepper**.
- Fluff **rice** with a fork.
- Slice **chicken**.
- Divide **rice**, **sweet potatoes**, **kale salad** and **chickpeas** between bowls.
- Top with **chicken**.
- Drizzle **pesto-mayo mixture** over top, then sprinkle with **feta**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. 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.

3 | Cook chicken

🔄 Swap | [Organic Chicken Breasts](#)

If you've opted to get **organic chicken breasts**, prep and cook them the same way the recipe instructs you to prep and cook the **regular chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F, as size may vary.