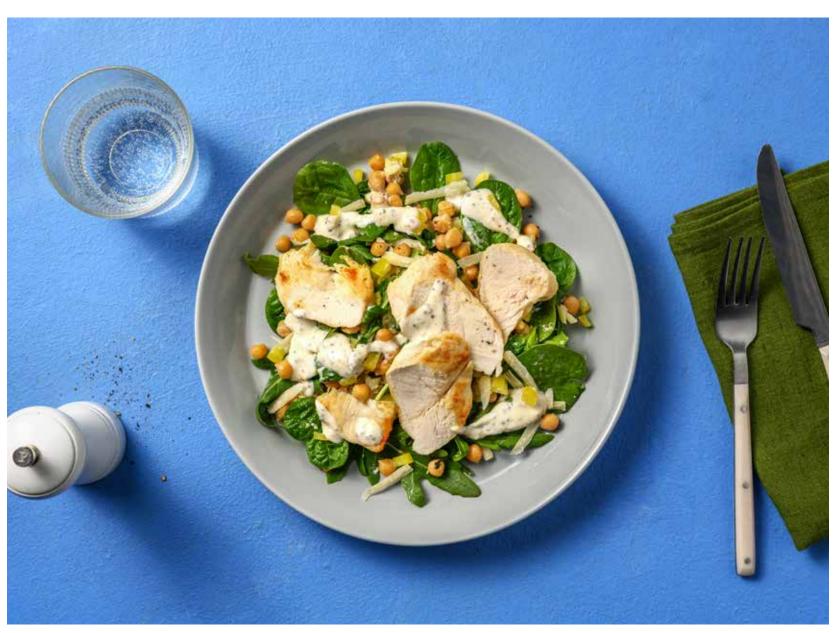


Carb Smart Chicken and Chickpea Salad

with Arugula and Bell Peppers

Carb Smart

30 Minutes





Chicken Breasts

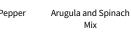








Sweet Bell Pepper



Caesar Dressing



Parmesan Cheese, grated



Chicken Salt

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, measuring spoons, large bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Chickpeas	370 ml	740 ml
Sweet Bell Pepper	160 g	320 g
Arugula and Spinach Mix	113 g	227 g
Caesar Dressing	4 tbsp	8 tbsp
Parmesan Cheese, grated	1/4 cup	½ cup
Chicken Salt	1 tbsp	2 tbsp
Oil*		
Calland Danish		

Salt and Pepper

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.



Prep

Drain and rinse **chickpeas**, then pat dry with paper towels. Core, then cut pepper into ½-inch pieces.



Cook chicken

Pat chicken dry with paper towels. Season with half the chicken salt and pepper. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then **chicken**. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed, using ½ tbsp oil per batch.) Cook until goldenbrown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.**



Cook chickpeas

While **chicken** bakes, heat the same pan over medium. When hot, add 2 tbsp oil (dbl for 4 ppl), then chickpeas and remaining chicken salt. Season with pepper. Cover and cook, stirring occasionally, until chickpeas are golden, 5-6 min. Transfer chickpeas to a large bowl to cool slightly.



Assemble salad

Add peppers, arugula and spinach mix, Parmesan and half the Caesar dressing to the bowl with **chickpeas**. Season with **salt** and **pepper**, then toss to combine.



Finish and serve

Let **chicken** rest for 3-5 min, then thinly slice. Divide salad between plates. Top with chicken, then drizzle remaining Caesar dressing over top.

Dinner Solved!

Contact

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