



# Dukkah Chicken and Orange Salad

with Crispy Chickpeas

Carb Smart

25 Minutes



Chicken Breasts



Arugula and Spinach Mix



Navel Orange



Shallot



White Wine Vinegar



Chickpeas



Dukkah Spice

HELLO CHICKPEAS

*High in fibre, low in carbs, and perfect for bulking out a salad!*

## Start here

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

## Bust Out

2 Baking sheets, colander, microplane/zester, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Arugula and Spinach Mix	113 g	227 g
Navel Orange	1	2
Shallot	50 g	50 g
White Wine Vinegar	1 tbsp	2 tbsp
Chickpeas	398 ml	796 ml
Dukkah Spice	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
Oil*		
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 our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Roast chickpeas

Drain and rinse **chickpeas**, then transfer to a baking sheet. Thoroughly pat **chickpeas** dry with paper towels. Add **2 tbsp oil** (dbl for 4 ppl), then season with **salt** and **pepper**. Toss to coat. Spread into an even layer, then roast in the **top** of the oven, stirring halfway through, until crispy, 22-25 min.



## Finish chickpeas

When **chickpeas** are crispy, remove from the oven and sprinkle with **reserved Dukkah Spice**, then toss to combine. Return to oven and roast until **spice** is fragrant, 2-3 min. Remove **chickpeas** from the oven and season with more **salt** and **pepper**, if desired.



## Prep

While **chickpeas** roast, zest **orange**. Cut a piece off the top and bottom ends of the **orange**. Place the flat end of the **orange** on board, then cut the peel away from the flesh from top to bottom, turning the **orange** as you go. Place **orange** on its side and slice into ¼-inch rounds. Pour the **juice** from the board into a large bowl. (Repeat with the other orange for 4 ppl.) Peel, then finely chop **shallot**.



## Make vinaigrette

Add **shallots**, **vinegar**, **orange zest**, **¼ tsp sugar**, **2 tbsp oil** (dbl both for 4 ppl) to the bowl with **orange juice**. Season with **salt**, then whisk together until combined. (**TIP:** Squeeze the juice from a piece of an orange slice if you don't have enough vinaigrette.)



## Cook chicken

Pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. While pan heats, rub **chicken** with **½ tbsp oil** (dbl for 4 ppl). Reserve **2 tsp Dukkah Spice** (db for 4 ppl) in a small bowl, then sprinkle **remaining Dukkah Spice** on both sides of the **chicken**. When hot, add **chicken**. Sear until **chicken** is golden, 2-3 min per side, then transfer to a parchment-lined baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min. \*\*



## Finish and serve

Add **spinach and arugula mix** and **orange slices** to the bowl with **vinaigrette**, then toss to combine. Thinly slice **chicken** into ½-inch pieces. Divide **salad** between plates. Top with **sliced chicken** and scatter **chickpeas** over top.

## Dinner Solved!