

DINNERLY



Mediterranean Chickpea Salad with Salmon

& Creamy Za'atar Hummus Dressing



30-40min



2 Servings

This superb salad combines two important elements: the crunchy and the creamy. For the crunch we quickly roast crispy chickpeas and homemade croutons, and for the creamy dressing we flavor hummus and lemon juice with herby za'atar seasoning. We've got you covered!

WHAT WE SEND

- 15 oz can chickpeas
- 1 mini French roll ¹
- 1 romaine heart
- 1 plum tomato
- 1 lemon
- 10 oz pkg salmon filets ⁴
- 4 oz hummus ¹¹
- ¼ oz za'atar spice blend ¹¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- medium nonstick skillet

ALLERGENS

Wheat (1), Fish (4), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 860kcal, Fat 65g, Carbs 50g, Protein 47g



1. Start chickpeas & prep

Preheat oven to 425°F with a rack in the center. Cut **lettuce** into 1-inch pieces. Cut **tomato** into ½-inch pieces. Cut **lemon** into wedges; squeeze **3 teaspoons lemon juice** into a large bowl.

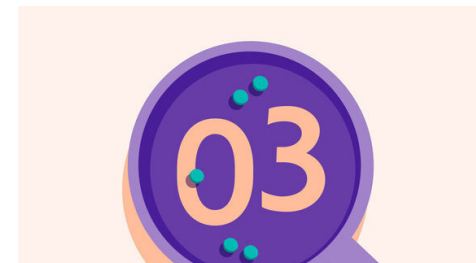
Drain **chickpeas**; rinse and pat very dry. Toss on a rimmed baking sheet with **2 tablespoons oil** and **a generous pinch each of salt and pepper**. Roast on center oven rack, 10 minutes.



2. Bake chickpeas & croutons

Meanwhile, tear **bread** into 1-inch pieces. Toss with **2 tablespoons oil** and **a pinch each of salt and pepper**.

Push **chickpeas** to one side of baking sheet; add bread to empty side. Return to center oven rack and cook until bread is toasted and chickpeas are golden brown, 12–15 minutes.



3. SALMON VARIATION

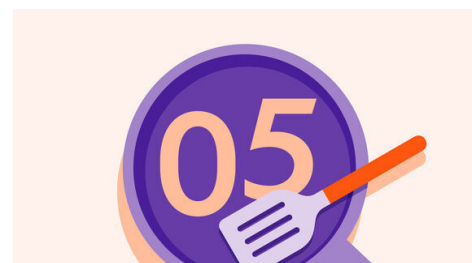
Pat **salmon** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high until shimmering. Add salmon, skin-side down; lightly press each filet for 10 seconds. Cook until skin is charred and crisp in spots, about 4 minutes. Flip and cook until just medium, about 1 minute more.



4. Make dressing

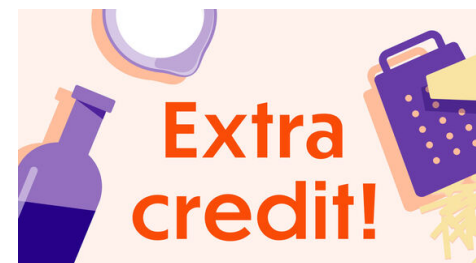
To bowl with **lemon juice**, whisk to combine **hummus**, **1½ teaspoons za'atar** (or more to taste), and **1 tablespoon water**. Add more water, 1 tablespoon at a time, until it drizzles from a spoon. Season to taste with **salt** and **pepper**.

Add **lettuce** and toss until evenly coated.



5. Serve

Serve **salad** topped with **salmon**, **roasted chickpeas**, **croutons**, and **tomatoes**. Serve **lemon wedges** alongside. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.