

DINNERLY



Low-Carb Spinach-Chickpea Bowl with Bacon

No chopping. No slicing. No knife required!



20-30min



2 Servings

Dinner needs to be on the table ASAP. Do you A) Order take-out for the umpteenth time? Or B) Make this spinach-chickpea bowl? Personally, we'd choose B. This dish requires absolutely no prepwork—just roast the chickpeas, cook the bacon, make a warm vinaigrette, and assemble the salad. So put your knife away and enjoy your Dinnerly without the stress or mess! We've got you covered!

WHAT WE SEND

- 15 oz can chickpeas
- ¼ oz ranch seasoning ¹
- 4 oz pkg thick-cut bacon
- 1 oz salted almonds ²
- ¾ oz piece Parmesan ¹
- 1 pkt Dijon mustard
- 3 oz baby spinach

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)
- sugar

TOOLS

- rimmed baking sheet
- medium skillet
- microplane or grater

COOKING TIP

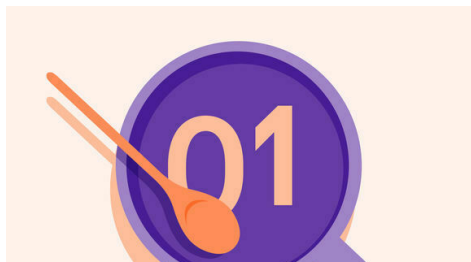
If you add cold bacon to a hot pan, it will curl up, making it hard to crisp evenly. Start with a cold pan, then heat and render the fat slowly for maximum crispiness and pan drippings.

ALLERGENS

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

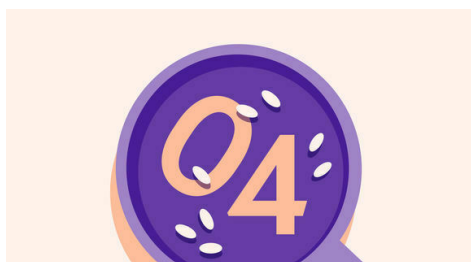
Calories 590kcal, Fat 42g, Carbs 36g, Protein 39g



1. Season & roast chickpeas

Preheat oven to 425°F with a rack in the lower third.

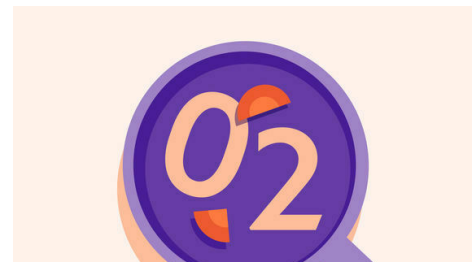
Drain and rinse **chickpeas**. Toss on a rimmed baking sheet with **ranch seasoning, 1 tablespoon oil, and a pinch each of salt and pepper**. Roast on lower oven rack until browned and crispy in spots, shaking baking sheet halfway through cooking time, 15–20 minutes.



4. Build salad & serve

In a large bowl, toss to combine **spinach, crushed almonds, and Parmesan**. Crumble **bacon** over top. Pour **warm bacon vinaigrette** over top and toss to coat.

Serve **spinach-chickpea bowl** topped with **crispy chickpeas**. Enjoy!



2. Prep ingredients

Place **bacon** in a medium skillet (it's okay if bacon overlaps slightly) and cook over medium-high heat until golden-brown and crisp, 3–4 minutes per side. Transfer to a paper towel-lined plate to drain. Reserve **bacon fat** in skillet.

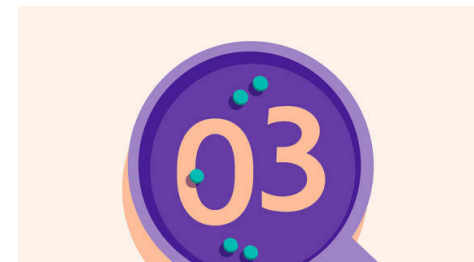
Gently crush **almonds** in packet (with one end open) with a meat mallet or heavy skillet.

Finely grate **Parmesan**.



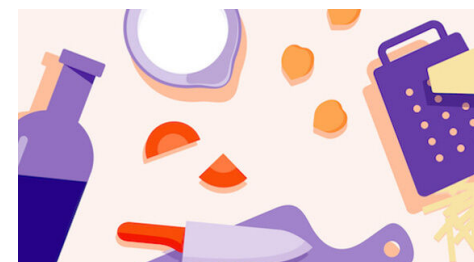
5. ...

What were you expecting, more steps?



3. Make vinaigrette

Return skillet with **bacon fat** to low heat. Whisk in **Dijon, 1 tablespoon vinegar, and 1 teaspoon sugar** until smooth, scraping up any browned bits from bottom of skillet. Remove from heat and season to taste with **salt and pepper**; set aside until ready to serve.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!