

DINNERLY



No Chop! Low-Carb Chicken & Bacon Bowl

with Chickpeas & Warm Bacon Vinaigrette



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 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 ⁷
- 4 oz pkg thick-cut bacon
- 1 oz salted almonds ¹⁵
- ¾ oz Parmesan ⁷
- 1 pkt Dijon mustard ¹⁷
- 3 oz baby spinach
- ½ lb pkg chicken breast strips

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

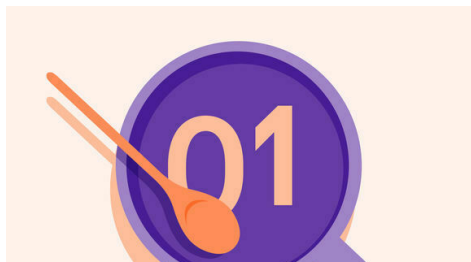
If you add cold bacon to a hot pan, it will curl up, making it hard to crisp evenly. Start with a cold pan, then heat and render the fat slowly for maximum crispiness and pan drippings.

ALLERGENS

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

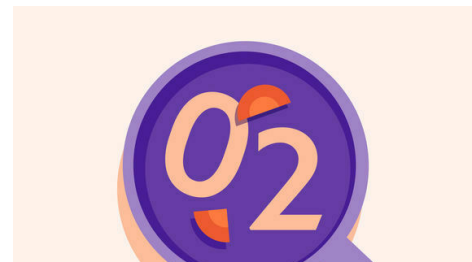
Calories 700kcal, Fat 45g, Carbs 37g, Protein 64g



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.

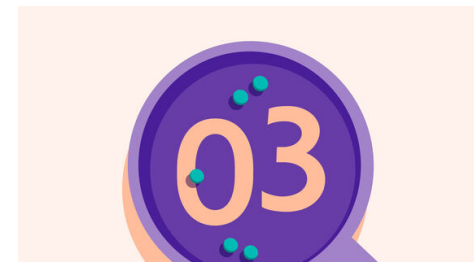


2. Prep ingredients

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. Transfer **bacon fat** to bowl.

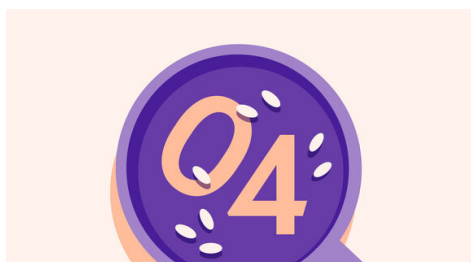
Gently crush **almonds** in packet (with one end open) with a meat mallet or heavy skillet.

Finely grate **Parmesan**, if necessary.



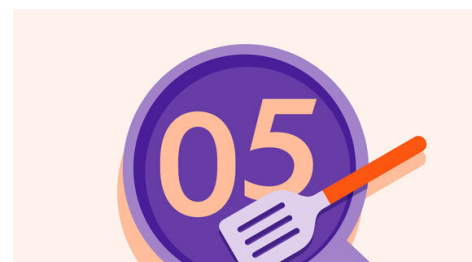
3. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate.



4. Make vinaigrette

Return **bacon fat** to same skillet over 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.



5. 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 **chicken** and **crispy chickpeas**. Enjoy!



6. Check us out!

Want to see helpful cooking tips, tricks, and bonus Dinnerly content? Follow us on Instagram @dinnerly or TikTok @dinnerlyus for more!