

DINNERLY



Ground Chicken & Chickpea Hummus Bowl

Developed by Our Registered Dietitian



30-40min



2 Servings

There are few things as good as hummus—besides roasted and spiced chickpeas, which lucky for you, we also made sure to include. As for the tomatoes and spinach? You can never have too many veggies. Bonus points for ground chicken to add extra protein. We've got you covered!

WHAT WE SEND

- 15 oz can chickpeas
- ¼ oz za'atar spice blend ¹¹
- 1 plum tomato
- 10 oz pkg ground chicken
- 5 oz baby spinach
- 4 oz hummus ¹¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or vinegar of your choice) ¹⁷
- sugar
- garlic

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 780kcal, Fat 60g, Carbs 40g, Protein 48g

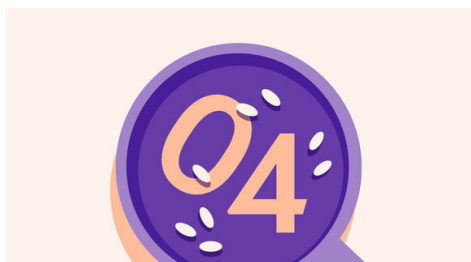


1. Broil chickpeas

Preheat broiler with a rack in the upper third.

Drain **chickpeas**. Transfer to a rimmed baking sheet and pat very dry. Toss with 1 **tablespoon each of za'atar and oil**; season with **salt and pepper**.

Broil on upper oven rack until golden-brown and crispy, about 10 minutes (watch closely as broilers vary).



4. Toss salad & serve

Transfer **spinach** to bowl with **tomatoes**; toss to combine and season with **salt and pepper**.

Serve **hummus** in bowls with **chicken** spooned over top. Drizzle with **oil** and sprinkle with **some of the remaining za'atar**, as desired. Serve **spinach salad** and **crispy chickpeas** alongside. Enjoy!



2. Prep tomatoes

Coarsely chop **tomato**.

In a medium bowl, stir to combine **tomatoes, 2 tablespoons oil, 1 tablespoon vinegar**, and **a pinch of sugar**. Season to taste with **salt and pepper**. Set aside until step 5.



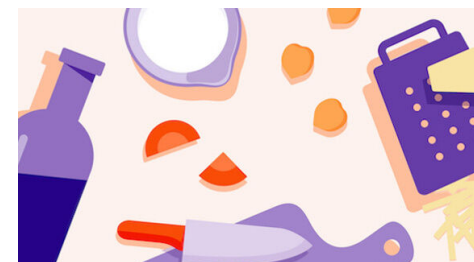
5. ...

What were you expecting, more steps?



3. CHICKEN VARIATION

Heat 2 **teaspoons oil** in a medium skillet over medium-high. Add **ground chicken, ½ teaspoon salt**, and **a few grinds of pepper**; cook, breaking up into smaller pieces, until cooked through and beginning to crisp, about 6 minutes.



6. ...

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