

DINNERLY



Mediterranean Chickpea Salad with Chicken

& 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. And, of course, for a little protein boost we've added tender chicken breast strips. We've got you covered!

WHAT WE SEND

- 15 oz can chickpeas
- 1 romaine heart
- 1 plum tomato
- 1 lemon
- 1 Portuguese roll ²
- ½ lb pkg chicken breast strips
- ¼ oz za'atar spice blend ¹
- 2 (2 oz) hummus ¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

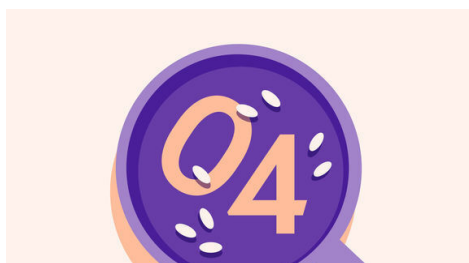
Calories 580kcal, Fat 40g, Carbs 43g, Protein 41g



1. Start chickpeas & prep

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

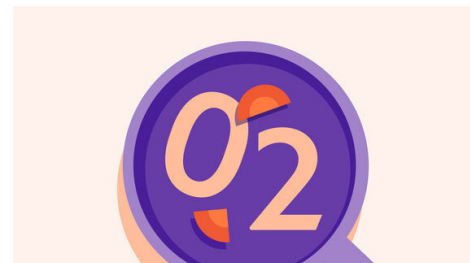
Cut **lettuce** into 1-inch pieces. Cut **tomato** into ½-inch pieces. Cut **lemon** into wedges; squeeze **3 teaspoons lemon juice** into a large bowl.



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**.

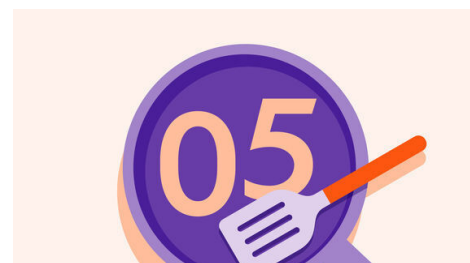
Add **lettuce** and toss until evenly coated.



2. Bake chickpeas & croutons

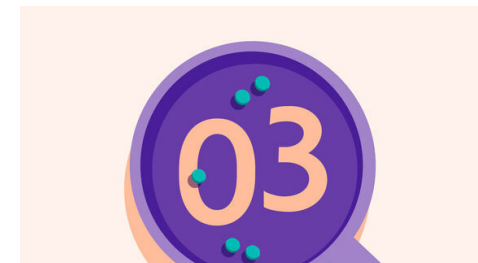
Meanwhile, tear **bread** into 1-inch pieces. Toss with **2 tablespoons oil** and **a pinch each of salt and pepper**.

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.



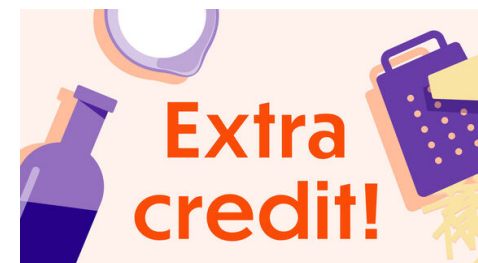
5. Serve

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



3. CHICKEN VARIATION

Pat **chicken** dry; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium 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.



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.