

Crispy Chickpea and Mozzarella Salad

with Roasted Tomatoes

hellóchef

Nutty dressing, crispy chickpeas, creamy mozzarella, sweet tomatoes & tangy shallots come together in this colourful, low carb supper.

Cals 569 • Prot 26 • Carbs 58 • Fat 29

Vegetarian

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🕒 cook: 30 min

R2671



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Salad	2 ppl	3 ppl	4 ppl	
Chickpeas	240	240	480	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	0.5	1	Tsp
Cherry tomatoes	250	300	500	Grams
Water	10	15	20	ML
Honey	15	15	30	Grams
Shallots	1	2	2	Piece
Red vinegar	15	22	30	ML
Almond flakes 1*, 2*	30	45	60	Grams
Baby spinach	90	125	125	Grams
Mozzarella ball 4*	125	250	250	Grams
Dressing				
Green pesto 2*, 4*	30	50	75	Grams
Olive oil	1	2	2	Tbsp
Lemon	1	1	1	Piece

Allergens

*1 Peanuts, *2 Tree Nuts, *4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2375 / 569
Fat (g)	28.7
of which saturates (g)	9.3
Carbohydrate (g)	58
of which sugars (g)	14.9
Fiber (g)	12.5
Protein (g)	26.1
Salt (g)	1.6

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast chickpeas

Preheat the oven to 200°C/180°C fan. Drain, rinse and dry the **chickpeas**. Add them to a lined baking tray, drizzle with **olive oil** and sprinkle with **salt**. Roast in the oven for 20 min until crispy.



2 Roast tomatoes

Meanwhile, add the **cherry tomatoes** to a second lined baking tray. Mix a further drizzle of **olive oil** and a splash of **water** with the **honey** and pour the mixture over the **tomatoes**. Give them a shake until fully coated. Roast in the oven for 15 min.



3 Pickle shallots

Meanwhile, peel and slice the **shallots** very finely. Add them to a small bowl with the **red vinegar** and a pinch of **salt** and set aside.



4 Toast almonds

Toast the **almond flakes** in a hot, dry pan for 2 min or until starting to brown. Set aside.



5 Prep dressing and salad

Combine the **pesto** with a drizzle of **olive oil** and the juice of half of the **lemon** - this is your **dressing**. Wash and dry the **spinach**. Drain and tear the **mozzarella** into small chunks.



6 Serve

Once the **chickpeas** have cooled down a little, drain the **shallots**. Toss the **chickpeas** and the **shallots** with the **spinach** leaves, **almond flakes** and the **pesto dressing**. Divide the **salad** among plates and dot with the **roasted tomatoes** and **mozzarella**.

Tip! Dress your salad just before serving, otherwise it will go soggy.