



# One-Pan Greek-Style Kale and Chickpea Salad

WITH FETA, CROUTONS, AND PEPITAS

Express



### Prep & Cook Time

15 MIN

### Cook Within

4 DAYS

### You Will Need

Olive Oil  
Medium Non-Stick Pan,  
Mixing Bowl

### Ingredients

- 3 oz. Greek Feta Dressing
- 15 1/2 oz. Canned Chickpeas
- 1 oz. Pepitas
- 1 oz. Crumbled Feta Cheese
- 2 oz. Baby Spinach
- 2 oz. Greek Butter
- 1/2 oz. Garlic Butter Croutons
- 2 tsp. Chimichurri Seasoning
- 1 Persian Cucumber
- 3 oz. Shredded Kale
- **Customize It Options**
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast
- 10 oz. Filets Mignon

### Difficulty Level

EASY

### Spice Level

NOT SPICY

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/30093](http://www.homechef.com/30093)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

## Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **cheese**

## Customize It Instructions

- Meatlovers! If using protein, cook in a medium non-stick pan over medium heat with 1 tsp. olive oil. If using **antibiotic free chicken breasts**, pat dry. Cook until chicken reaches minimum internal temperature, 5-7 minutes per side. If using **filets mignon**, pat dry. Cook until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.* If using **salmon**, pat dry. Add salmon, skin-side up first, and cook until salmon reaches minimum internal temperature, 4-6 minutes per side. Add protein to meal as desired.



### 1. Start the Chickpeas

- Drain **chickpeas**.
- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add chickpeas, **chimichurri seasoning**, and ¼ cup **water** to hot pan. Stir occasionally until water has evaporated, 3-5 minutes.
- While chickpeas cook, continue recipe.



### 2. Assemble the Salad

- Trim **cucumber**. Quarter and cut into ½” pieces.
- In a mixing bowl, combine cucumbers, **kale**, **spinach**, half the **cheese** (reserve remaining for garnish), and **dressing**. Toss to coat. Set aside.



### 3. Finish the Chickpeas

- Add **pepitas** and **butter** to hot pan with **chickpeas**. Stir until melted and combined, 1-2 minutes.
- Remove from burner.



### 4. Finish the Dish

- Plate dish as pictured on front of card, topping **salad** with **chickpea mixture**, remaining **cheese**, and **croutons**. Bon appétit!