



**GREEN
CHEF**

CHICKPEA SALAD SANDWICHES

roasted curry-spiced carrot fries with scallion

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

1020

There's a reason chickpeas are considered a superfood: They're high in protein, chock-full of vitamins and minerals, and, most importantly, downright delicious. In this fresh and flavorful pita salad sandwich, we've swapped out traditional chicken for chickpeas, then mixed them with dried cranberries, walnuts, feta, and a bright, creamy lemon aioli. Curry-spiced carrot fries with scallion make a savory side.

INGREDIENTS (11 ITEMS)

3 whole	Carrots
1 whole	Scallion
½ tsp	Yellow curry powder
13¼ oz	Garbanzo beans (chickpeas)
2¾ oz	Green chard
1 oz	Dried cranberries
1¾ oz	Celery
½ oz	Walnuts <small>T</small>
2 oz	Feta cheese <small>M</small>
2¾ oz	Lemon aioli <small>E S</small>
2 whole	Whole-wheat pita breads <small>W</small>

WHAT YOU'LL NEED

medium pot
baking sheet
mixing bowls
measuring spoons
strainer
peeler
potato masher
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

<small>T</small> TREE NUTS (walnuts)	<small>M</small> MILK
<small>E</small> EGGS	<small>S</small> SOY
<small>W</small> WHEAT	



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP

- Preheat oven to 425 degrees.
- Cut tops off **carrots** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Thinly slice **scallion**; discard root end.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & ROAST CARROTS

- Place **carrots** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **yellow curry powder**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. (Wipe out bowl; reserve.) Roast 12-14 minutes, or until fork-tender, stirring halfway through.
- Remove from oven. Sprinkle with **scallion**. (**Careful! Baking sheet is hot!**)

3 FINISH PREP

- Strain and rinse **garbanzo beans (chickpeas)**.
- Remove and discard any thick center stems from **green chard***. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Roughly chop **dried cranberries**.
- Small dice **celery** into pieces, about ¼ inch each.
- Roughly chop **walnuts** if necessary.

*The ingredient you received may be a different color.

4 COOK CHICKPEAS

- Place **chickpeas** in a medium pot. Cover with about 2 inches of cold water. Bring to a boil. Cook 5-7 minutes, or until slightly tender, stirring occasionally.
- Strain **chickpeas**. Place **chickpeas** in bowl used for carrots.

5 MASSAGE CHARD

- Place **chard** in a medium bowl. Drizzle with about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.

6 MAKE CHICKPEA SALAD

- Mash **chickpeas** with a potato masher (or fork) into a chunky mixture. Add **cranberries**, **celery**, **walnuts**, and **feta cheese**. Drizzle with **lemon aioli** to taste. Stir to combine. Season with salt and pepper to taste.

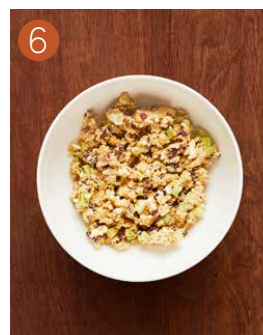
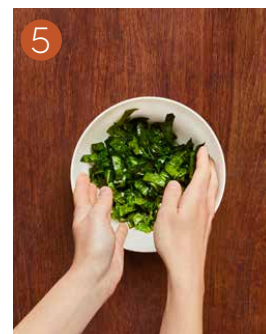
7 TOAST PITAS

- Place **whole-wheat pita breads** directly on oven rack. Toast 3-4 minutes, or until evenly browned.
- Transfer **pitas** to a cutting board. Halve **pitas**.*

*The pitas are hot! Hold them steady with tongs or an oven mitt.

8 PLATE YOUR DISH

- Divide **toasted pitas** between plates. Stuff with **chickpea salad** and **chard**. Serve **roasted curry-spiced carrot fries with scallion** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (580g)

Amount per serving

Calories 1020

	% Daily Value*
Total Fat 55g	71%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1750mg	76%
Total Carbohydrate 105g	38%
Dietary Fiber 23g	82%
Total Sugars 23g	
Includes 12g Added Sugars	24%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 336mg	25%
Iron 15mg	80%
Potassium 1268mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Whole-Wheat Pita Breads [stoneground whole wheat flour, water, sugar, yeast, wheat gluten, contains 2% or less of: salt, wheat starch, maltodextrin, microcrystalline cellulose, dough conditioner (bromelain), calcium propionate], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Lemon Aioli** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Granulated Garlic, Lemon Juice [lemon], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices]), **Walnuts** [walnuts], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Celery**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Green Chard**, **Carrots**, **Scallions**, **Yellow Curry Powder** [coriander, turmeric, cumin, mustard, fenugreek, cardamom, nutmeg, cayenne, cinnamon, clove]

Allergen information:

Contains Milk, Tree Nuts, Egg, Soy And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

