

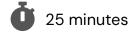




# Oyster Mushroom Caesar Salad

# with Crispy Chickpeas

This oyster mushroom salad is the perfect summer night dinner. It is fresh and crunchy with pan-fried mushrooms, crispy chickpeas to fill you up and a luscious plant-based lemon and dill mayo.







Bulk it up!

Bulk up this salad by adding croutons (make your own by tearing bread into chunks and browning it in a frypan), cherry tomatoes, roasted pumpkin or sweet potato. You can also serve the salad in wraps!

TOTAL FAT CARBOHYDRATES

22g

70g

#### **FROM YOUR BOX**

CHICKPEAS	400g
LEMON	1
DILL	1 packet
VEGAN MAYONNAISE	1 packet
KING OYSTER MUSHROOMS	1 packet
KING OYSTER MUSHROOMS  AVOCADO	1 packet
	•
AVOCADO	1

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), smoked paprika

#### **KEY UTENSILS**

large frypan

#### **NOTES**

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



#### 1. CRISP THE CHICKPEAS

Drain, rinse and pat **chickpeas** dry. Heat a frypan over medium-high heat with **oil**. Add chickpeas and **1 tsp paprika**. Cook for 5 minutes, stirring occasionally, until crispy. Remove to a plate and season with **salt and pepper**. Reserve pan.



# 2. MAKE THE DRESSING

Zest **lemon** and juice 1/2 (wedge remaining lemon). Roughly chop **dill** fronds and tender stems. Add to a bowl along with **mayonnaise** and **2 tsp water**. Mix to combine. Season to taste with **salt and pepper**.



#### 3. COOK THE MUSHROOMS

Slice **mushrooms**. Reheat reserved pan over medium-high heat with **oil**. Add mushrooms and **1 tbsp soy sauce**. Cook for 6–8 minutes until mushrooms are golden and tender. Season with **pepper**.



### **4. PREPARE FRESH ELEMENTS**

Slice **avocado** and roughly chop **lettuce**. Pull **sprouts** apart.



# **5. FINISH AND SERVE**

Add lettuce and dressing to a large platter. Toss to combine. Top with avocado, sprouts, mushrooms and crispy chickpeas. Serve tableside with lemon wedges.







