



### Product Spotlight: Mushrooms

Mushrooms are full of protein, minerals and vitamins, and they are one of the few natural sources of vitamin D, which is good for strong, healthy teeth and bones!



## 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.



25 minutes



2 servings



Plant-Based

### 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!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	39g	70g

## FROM YOUR BOX

CHICKPEAS	400g
LEMON	1
DILL	1 packet
VEGAN MAYONNAISE	1 packet
KING OYSTER MUSHROOMS	1 packet
AVOCADO	1
BABY COS LETTUCE	1
ALFALFA SPROUTS	1 punnet

## 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.



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