



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



4 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
	13g	26g	47g

FROM YOUR BOX

CHICKPEAS	400g
LEMON	1
DILL	1 packet
VEGAN MAYONNAISE	1 packet
KING OYSTER MUSHROOMS	1 packet
BUTTON MUSHROOMS	150g
AVOCADOS	2
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 **2 tsp paprika**. Cook for 5-7 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 **1 tbsp 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 1/2 tbsp soy sauce**. Cook for 6-8 minutes until mushrooms are golden and tender. Season with **pepper**.



4. PREPARE FRESH ELEMENTS

Slice **avocados** 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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