

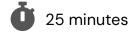


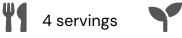


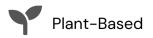
Oyster Mushroom Caesar Salad

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 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

13g

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.







