

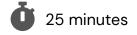


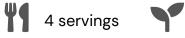


Oyster Mushroom Caesar Salad

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 aioli.







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

60g

FROM YOUR BOX

CHICKPEAS	2 x 400g
LEMON	1
DILL	1 packet
VEGAN AIOLI	2 packets
KING OYSTER MUSHROOMS	1 packet
BUTTON MUSHROOMS	150g
AVOCADOS	2
BABY COS LETTUCE	2-pack
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 aioli 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.





How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on O481 072 599 or send an email to hello@dinnertwist.com.au