



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Lemon

Lemons are a good source of vitamin C, magnesium and potassium - minerals and antioxidants that give you better hair, skin and stronger nails!



## 2 Crispy Chickpea & Kale Caesar

Tender kale leaves scrunched with a cheesy dressing with smoked crispy chickpeas, roast veggies and creamy avocado.

 30 minutes

 4 servings

 Plant-Based

31 August 2020

*Spice it up!*

*Add 1/2 a crushed garlic clove to the dressing for added flavour! Toasted pepita seeds also work well in this salad.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 22g **CARBOHYDRATES** 67g



## FROM YOUR BOX

SUNFLOWER SEED/ NUTRITIONAL YEAST	1 packet (80g)
LEMON	1/2 *
DUTCH CARROTS	1 bunch
BUTTERNUT PUMPKIN	1/2 *
CHICKPEAS	2 x 400g
LEBANESE CUCUMBER	1
AVOCADOS	2
ALFALFA SPROUTS	1/2 punnet *
KALE	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, smoked paprika

## KEY UTENSILS

oven tray, stick mixer or blender

## NOTES

To dry the chickpeas well, gently roll them in-between a clean tea towel and remove the skins.



### 1. SOAK THE SEED MIX

Set oven to 220°C.

Soak the sunflower seed mix in lemon juice and **2/3 cup warm water**. Set aside.



### 2. ROAST THE VEGETABLES

Trim carrots and slice pumpkin. Toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until cooked through.



### 3. ROAST THE CHICKPEAS

Drain chickpeas and pat dry (see notes). Toss on a separate lined oven tray with **1 tsp smoked paprika, oil, salt and pepper**. Roast in oven for 15–20 minutes until crispy.



### 4. BLEND THE SAUCE

Blend sunflower seed mix together until smooth using a stick mixer or blender. Season with **salt and pepper** to taste.



### 5. SCRUNCH THE KALE

Slice the cucumber and avocados. Set aside with alfalfa sprouts. Thinly slice kale leaves. Spoon in 2 tbsp of cheese sauce and use hands to scrunch the leaves until tender.



### 6. FINISH AND PLATE

Arrange kale, roast vegetables and fresh salad among plates. Drizzle over remaining sauce to taste.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

