



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**

