



Avocado and Tahini Salad

with Toasted Nuts and Seeds

 20min  2 Portions

This tempting summer salad proves healthy is also delicious. First, protein-rich chickpeas are coated in the aromatic spice blend ras el hanout, while healthful almonds, pepitas and sesame seeds are toasted till fragrant and crunchy. Topped off with crunchy broccoli, creamy avocado and a tahini dressing for calcium, it's flavour

What we send

- broccoli
- nut blend ^{11,15}
- tahini paste ¹¹
- avocado
- lemon
- rocket
- green beans
- ras el hanout ^{1,17}
- chickpeas

What you'll require

- Australian honey
- olive oil
- sea salt and pepper
- water

Utensils

- medium frypan
- medium saucepan
- paper towel
- sieve

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Sesame (11), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 565kcal, Fat 31.1g, Carbs 39.6g, Proteins 22.4g



1. Prepare chickpeas

Drain the **chickpeas** and rinse in a sieve under running water. Shake dry, then dry completely with paper towel. Bring a medium saucepan of salted water to the boil for the vegetables.



2. Toast chickpeas

Put the **nut-seed mix** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Transfer to a bowl. In the same pan, heat **1 tbs oil** over medium-high heat. Cook the **chickpeas** and **half the ras al hanout** (reserve remainder for another use), stirring regularly, for 8-10 mins until crisp and golden. Set aside.



3. Prepare vegetables

Meanwhile, trim and halve the **beans**. Trim the **broccoli**, then cut the head into florets and the stem into small chunks. Cook the beans and broccoli in the pan of boiling water for 3 mins or until al dente. Drain and refresh under cold running water. Drain well, put in a large bowl and add the **rocket**.



4. Prepare dressing

Juice **half the lemon** into a bowl (reserve remainder for another use). Add the **tahini**, **2 tsp honey** and **2 tbs hot water**, season with **salt and pepper** and whisk until combined and creamy.



5. Prepare avocado

Thinly slice the **avocado**, discarding the stone and skin.



6. Get ready to serve

Add **half the dressing** to the **salad** and toss to coat. Divide the salad, **chickpea mixture** and **avocado** among bowls. Drizzle with the **remaining dressing** and scatter with the **nut-seed mix** to serve.