

## Avocado and Tahini Salad

with Toasted Nuts and Seeds

 20min  4 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
- lemon
- rocket
- tahini paste <sup>11</sup>
- ras el hanout <sup>1,17</sup>
- chickpeas
- nut blend <sup>11,15</sup>
- green beans
- avocado

## 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 555kcal, Fat 30.9g, Carbs 38.7g, Proteins 22.2g



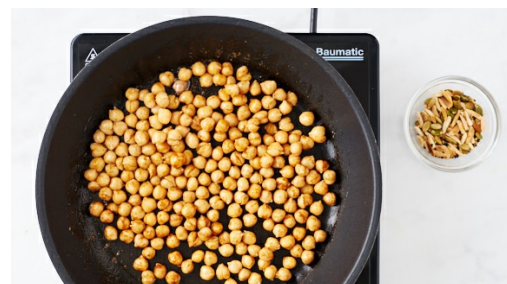
### 1. Prepare chickpeas

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



### 4. Prepare dressing

Juice the **lemon** into a small bowl. Add the **tahini**, **1 tbs honey** and **60ml (¼ cup) hot water**, season with **salt and pepper** and whisk until combined and creamy.



### 2. Toast chickpeas

Put the **nut-seed mix** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Transfer to a bowl. In the same pan, heat **2 tbs oil** over medium-high heat. Cook the **chickpeas** and **ras al hanout**, stirring regularly, for 8-10 mins until crisp and golden. Set aside.



### 5. Prepare avocados

Thinly slice the **avocados**, discarding the stones and skin.



### 3. Prepare vegetables

Meanwhile, trim and halve the **beans**. Trim the **broccoli**, then cut the heads into florets and the stems 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, then put in a large bowl with the **rocket**.



### 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.