

DINNERLY



⚡ FAST

🍏 HEALTHY

Californian Chopped Salad with Avocado and Crispy Chickpeas



20 minutes



2 Servings

By 'chopping' all the elements into small chunks together, it mixes all the yumminess as you go for a quick and easy dinner.

WHAT WE SEND

- 1 avocado
- 400g chickpeas
- 5g cumin and coriander spice blend
- 250g cherry tomatoes
- 1 spring onion
- 50g feta ⁷
- 1 baby cos lettuce

WHAT YOU NEED

- balsamic vinegar ¹⁷
- garlic clove
- olive oil
- salt and pepper

TOOLS

- baking paper
- oven tray
- paper towel
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

The remaining chickpeas and spice blend won't be used in this dish.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 520kcal, Fat 40.5g, Carbs 18.6g, Proteins 14.2g



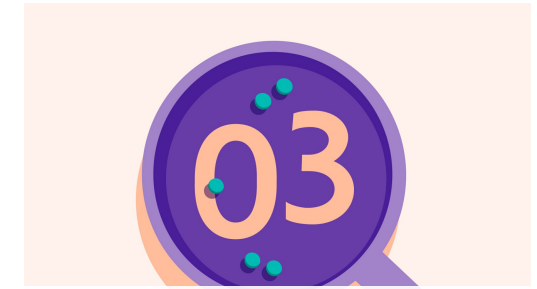
1. Bake chickpeas

Preheat oven to 220C. Line an oven tray with baking paper. Rinse and drain **half the chickpeas** (see cooking tip), then pat dry with paper towel. Crush 1 **garlic clove**. Put the chickpeas, garlic, **2 tsp olive oil** and **1 tsp cumin and coriander spice blend** on the lined tray and toss to combine. Bake for 10 mins or until crisp and lightly golden.



2. Prep veggies

Meanwhile, trim and thinly shred the **lettuce**. Quarter **half the tomatoes** (the remaining won't be used in this dish). Thinly slice the **spring onion**. Roughly chop the **avocado**, discarding the skin and stone.



3. Chop salad

Put the **lettuce, tomato, avocado** and **three-quarters of the spring onion** on a chopping board. Using a large sharp knife, roughly chop together to combine.



4. Make dressing

Whisk **1 tbs olive oil** and **2 tsp balsamic vinegar** in a large bowl and season with **salt and pepper**. Add the **chopped salad** and toss well to combine.



5. Serve up

Divide the **chopped salad** among bowls, crumble over the **feta** and scatter with the **crispy chickpeas** and **remaining spring onion** to serve.



6. Did you know?

Removing excess moisture from the chickpeas by patting dry with paper towel helps them go a little crispy when baked.