



SPINACH RADICCHIO SALAD WITH SMOKY ROASTED CHICKPEAS & PISTACHIOS

INGREDIENTS

Salad Ingredients:

2 cups (360 g) – fresh org baby spinach
1 ½ cups (180 g) – organic chickpeas (BPA free canned chickpeas)
¼ cup (56 g) – org raw unshelled pistachios
1 small head – organic radicchio lettuce
3 small – organic radishes
2 tsp (10 g) – org sweet smoked paprika

Creamy Tahini & Capers Salad Dressing:

1 cup (250 ml) – oat mylk (or other plant-based mylk)
½ cup (120 g) – org pine nuts
¼ cup (56 g) – capers
1 tbsp (15 g) – raw org tahini paste
1 tsp (5 ml) – lime juice (or a freshly squeezed lime wedge)
½ tbsp (7 g) – org raw date sugar (or ¼ tsp of stevia sweetener)

PREP TIME: 5 MINS

COOK TIME: 20-30 MINS

TOTAL TIME: 35 MINS

SERVES: 2

VEGAN

GLUTEN-FREE

REFINED SUGAR-FREE

OIL-FREE

DIRECTIONS

Smoky Roasted Chickpeas and Roasted Pistachios Prep:

Step 1

Heat oven to 400°F (200°C).

Drain and rinse the canned chickpeas – dry with a paper towel (bleach free preferred) or clean cotton kitchen towel.

Step 2

Add the dried chickpeas to a baking pan and sprinkle the sweet smoked paprika on top – stir slightly.

Bake chickpeas until browned/ slightly crisp.

Note:

If you would like to obtain a crispy texture, for the chickpeas leave to bake for extra 10-15 more minutes.

Step 3

On a second baking tray (baking paper optional) add the ¼ cup of raw unshelled pistachios and set on the lower level of the oven – leave to bake for 10 minutes until they brown up slightly.

After 10-15 minutes of baking, pull the baking tray out and set aside.

Note:

If pistachios are not available, feel free to replace with sunflower seeds or pumpkin seeds.

Follow the same roasting process (salt optional).

Step 4

After chickpeas are ready leave to rest for 5-10 minutes.

Dressing Prep:

Add ALL salad ingredients in a blender and blitz until the dressing turns creamy and smooth. Set aside

Salad Prep and Serving:

Step 1

While the chickpeas and pistachios are roasting – wash, rinse, and dry the spinach leaves, radicchio lettuce and radishes.

Step 2

Slice the radishes and chop the radicchio lettuce thinly.

Step 3

On a salad platter arrange the baby spinach leaves, the sliced radishes and chopped radicchio lettuce.

Add a couple of tablespoons of the creamy tahini and capers dressing – mix slightly.

Top with the smoked chickpeas and roasted pistachios.

Drizzle more dressing on top of the salad if preferred.

Enjoy!