



Vegan Caesar Salad

with Crispy Chickpeas, Radishes & Hemp Hearts



30-40min



2 Servings

We've found a way to create the ultimate vegan Caesar salad—full of flavor and texture. Here we toss roasted chickpeas, crunchy ciabatta croutons, sliced radishes, and crisp romaine lettuce in a homemade plant-based Caesar dressing. The dressing is creamy and savory thanks to tahini, Dijon mustard, cheesy nutritional yeast, briny capers, and lemon juice—it's so good, you'll want to use it on everything!

What we send

- 15 oz can chickpeas
- 1 ciabatta roll ¹
- 2 oz red radishes
- 1 oz capers ¹²
- 1 oz nutritional yeast
- 1 lemon
- 1 oz tahini ¹¹
- 1 pkt Dijon mustard ¹⁷
- 1 romaine heart
- ¼ oz hemp hearts

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet

Allergens

Wheat (1), Sesame (11), Sulphur dioxide and sulphites (12), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 510kcal, Fat 30g, Carbs 63g, Proteins 27g



1. Prep ingredients

Preheat oven to 425°F with a rack in the lower third. Drain and rinse **chickpeas**; pat dry with paper towels. Tear **ciabatta roll** into 1-inch pieces. Thinly slice **radishes**. Finely chop **2 teaspoons capers**.



2. Roast chickpeas

On a rimmed baking sheet, toss **chickpeas** with **1 tablespoon oil** and **2 teaspoons nutritional yeast**; season with **salt** and **pepper**. Roast on lower oven rack for 10 minutes.



3. Make dressing

Squeeze the juice from **half of a lemon** into a large bowl; cut remaining lemon into wedges. Whisk in **tahini**, **Dijon mustard**, **chopped capers**, **1 tablespoon each of warm water and oil**, **1½ teaspoons nutritional yeast**, and **½ teaspoon sugar**. (Add water, 1 teaspoon at a time, as needed to reach desired consistency.) Season dressing to taste with **salt** and **pepper**.



4. Roast croutons

Once **chickpeas** have roasted for 10 minutes, remove baking sheet from oven. Carefully arrange **ciabatta** over chickpeas; drizzle with **oil** and season with **salt** and **pepper**. Return baking sheet to oven and roast until chickpeas and croutons are browned and crisp, 10–15 more (watch closely as ovens vary). Remove from oven and immediately toss with **remaining nutritional yeast**.



5. Dress salad

Cut or tear **romaine** into bite-sized pieces; discard stem end. Transfer to bowl with **dressing**, along with **radishes** and **half of the roasted chickpeas and croutons**; toss to coat. Season to taste with **salt** and **pepper**.



6. Finish & serve

Serve **salad** in bowls topped with **hemp seeds** and **remaining chickpeas and croutons** with **lemon wedges** on the side for squeezing over. Enjoy!