



Vegan Caesar Salad with Daring Plant Chicken

with Crispy Chickpeas & Radishes



30-40min



2 Servings

We've found a way to create the ultimate vegan Caesar salad—full of flavor and texture. Here we toss plant-based chicken, 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
- 1 radish
- 1 oz capers ¹⁷
- 1 oz nutritional yeast
- 1 lemon
- 1 oz tahini ¹¹
- 1 (¼ oz) Dijon mustard
- 8 oz pkg plant-based chicken ⁶
- 1 romaine heart
- 1 oz salted sunflower seeds

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- medium skillet

Allergens

Wheat (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 40g, Carbs 73g, Protein 51g



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**.



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**.



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.



5. Cook plant-based chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **plant-based chicken** in a single layer and cook, without stirring, until browned and crisp on the bottom, about 3 minutes. Flip and cook until browned, 1–2 minutes more.



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**.



6. Finish & serve

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**. Serve **salad** in bowls topped with **plant chicken**, **sunflower seeds** and **remaining chickpeas and croutons** with **lemon wedges** for squeezing over. Enjoy!