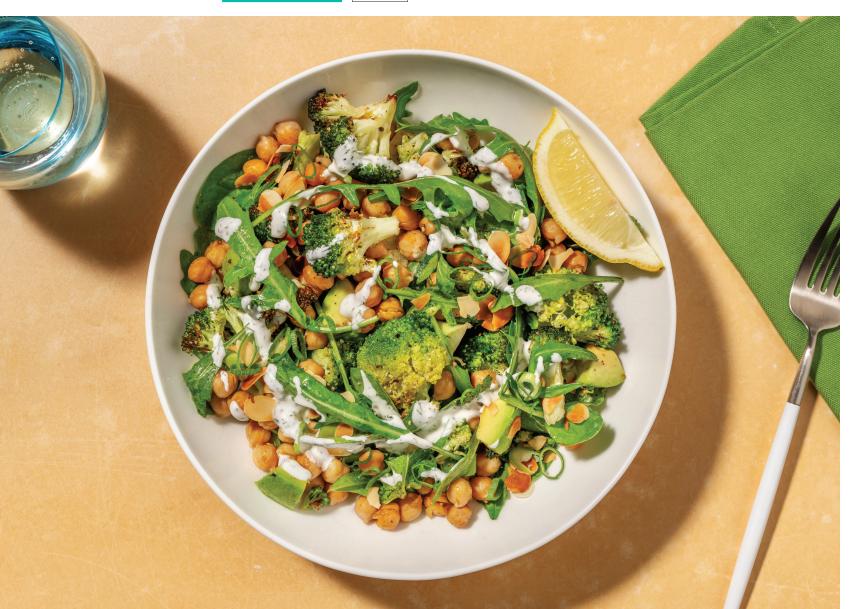


Roast Chickpea & Broccoli Super Salad with Avocado & Herby Mayonnaise

SUMMER SALADS

NEW



Grab your meal kit with this number











Aussie Spice Blend





Spring Onion

Lemon





Flaked/Slivered Almonds

Dill & Parsley



Spinach & Rocket





Prep in: 15-25 mins Ready in: 30-40 mins



Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
broccoli	1 head	2 heads	
chickpeas	1 tin	2 tins	
Aussie spice blend	1 medium sachet	1 large sachet	
avocado	1 (small)	1 (large)	
lemon	1/2	1	
spring onion	1 stem	2 stems	
mint	½ large packet	1 large packet	
flaked/slivered almonds	1 packet	2 packets	
honey*	1 tsp	2 tsp	
spinach & rocket mix	1 medium packet	2 medium packets	
dill & parsley mayonnaise	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2665kJ (636Cal)	491kJ (117Cal)
Protein (g)	24g	4.4g
Fat, total (g)	43.8g	8.1g
- saturated (g)	5.5g	1g
Carbohydrate (g)	25.9g	4.8g
- sugars (g)	5.3g	1g
Sodium (mg)	891mg	164mg
Dietary Fibre (g)	21.3g	3.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the chickpeas & broccoli

- Preheat oven to 220°C/200°C fan-forced.
- Cut **broccoli** into small florets, then roughly chop stalk.
- Drain and rinse chickpeas.
- Place on a lined oven tray and sprinkle over Aussie spice blend. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender and brown around edges, 20-25 minutes.



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and roughly chop.
- Slice lemon into wedges.
- Thinly slice spring onion.
- Pick mint leaves.
- · Heat a large frying pan over medium-high heat. Toast almonds, tossing, until golden, 2-3 minutes. Set aside.



Toss the salad

- In a medium bowl, combine a generous squeeze of **lemon juice**, the **honey**, a drizzle of olive oil and a pinch of salt and pepper.
- When chickpeas and broccoli are done, add to the bowl with the dressing.
- Add spinach & rocket mix, mint and avocado, and toss to combine.



Serve up

- Divide roast chickpea and broccoli salad between bowls.
- Drizzle over dill & parsley mayonnaise.
- Sprinkle over toasted almonds and spring onion.
- Serve with remaining lemon wedges. Enjoy!









If you've chosen to add, swap or upgrade, In a large frying pan, cook with a drizzle of olive oil until scan the QR code to see detailed cooking browned, 4-5 minutes. Sprinkle over before serving. instructions and nutrition information.

