



Roast Chickpea & Broccoli Super Salad

with Avocado & Herby Mayonnaise

SUMMER SALADS

NEW

Grab your meal kit with this number

25



Broccoli



Chickpeas



Aussie Spice Blend



Avocado



Lemon



Spring Onion



Mint



Flaked/Slivered Almonds



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Grated Parmesan Cheese



Diced Bacon

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



Get your greens in with this loaded salad! Crispy roasted chickpeas and broccoli add lots of crunchy texture to this meal, plus avocado and a herby mayo for creamy richness. Toss it all together and dive in.

Pantry items

Olive Oil, Honey

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

	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	½	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.

1



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**.

3



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.

2



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.

4



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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS

+ **ADD GRATED PARMESAN CHEESE**
Sprinkle over before serving.

+ **ADD DICED BACON**
In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

