

Microgreens Salad with Roasted Chickpeas



Bialik College Kitchen Garden Program

Ingredients:

- 200-250g fresh Microgreens from garden
- 1 head of Oakleaf lettuce
- 6 Radishes, finely sliced
- 400g can of chickpeas
- Salt/pepper, to taste
- Parmesan or feta – to garnish
- LIME DRESSING:**
- 2 tablespoons of lime juice
- ¼ teaspoon Dijon mustard
- ¼ teaspoon salt
- 4 tablespoons olive oil

Equipment:

- Metric measuring spoons
- Salad spinner
- Chopping board
- Chef's knife
- Mixing bowls – large and small
- Strainer or Colander
- Clean tea towel
- Baking tray
- Baking paper
- Whisk
- Serving bowl
- Salad servers/tongs

Method:

1. Preheat oven to 200C.
2. Drain the can of chickpeas using a strainer or colander and thoroughly rinse with cold water. Pat dry with a clean tea towel and discard any loose skins.
3. Transfer chickpeas to a baking tray lined with baking paper and toss with a drizzle of olive oil and a generous sprinkling of sea salt. Spread evenly on the baking tray.
4. Place baking tray into preheated oven and roast chickpeas for 20 minutes until crispy.
5. While the chickpeas are roasting, wash the microgreens and lettuce thoroughly and spin dry in a Salad spinner until crisp.
6. Roughly cut lettuce and microgreens into pieces. Place in a large mixing bowl.
7. Thinly slice the radishes and add to mixing bowl and set aside.
8. **To prepare the lime dressing:** In a small mixing bowl, whisk together the lime juice, Dijon mustard, salt and olive oil until well combined.
9. **To Serve:** toss the prepared salad with the prepared lime dressing right before serving and season with some extra salt and freshly ground black pepper. Garnish with sprinkles of Parmesan shavings or crumbled feta and roasted chickpeas.