

Vegetarian Caesar Salad with Chickpea Croutons

Servings: 4

Prep Time: 10min

Cook Time: 12min



Ingredients

Chickpea croutons:

- 1 can (410 g) chickpeas; drained and dried
- 2 tbsp. (30 ml) olive oil
- ½ cup (125 ml) Gruyère*; finely grated
- Salt and black pepper
- ¾ cup (180 ml) mayonnaise
- 1 garlic clove; peeled and crushed
- 2 tbsp. (30 ml) fresh lemon juice
- 2 tbsp. (30 ml) parsley; chopped
- 2 heads cos lettuce; washed and sliced in half
- 20–25 caper berries

Directions

1. Preheat oven to 200 °C. Toss chickpeas in olive oil and cheese, and season. Transfer to a greased oven tray.
2. Roast for 10–12 min., or until golden and crisp.
3. Meanwhile, whisk the mayonnaise, garlic, lemon juice and parsley together and set aside.
4. Arrange the cos heads on a platter and scatter with cheesy chickpea croutons and caper berries and drizzle with dressing.