



# LOADED KALE AND BRUSSEL SPROUT CAESAR SALAD WITH ROASTED CHICKPEAS AND SWEET POTATO FRIES

FAST. EASY. FRESH.

**1.** Preheat your oven to 425°F. Next, cut the **sweet potatoes** into French fry-sized pieces (no need to peel!). Drain and rinse the **chickpeas** and pat dry. Place the **sweet potatoes** and **chickpeas** onto a parchment-lined baking sheet (keeping them separate).

**2.** Drizzle with 1-2 Tbsp. **olive oil**, **Spice Mix** (1/2 Tbsp. **garlic powder** and **smoked paprika**), and **salt** and **pepper** to taste. Toss to coat evenly. Transfer to the oven and bake for 22-25 minutes, or until coloured.

**3.** Meanwhile, very thinly slice the **brussels sprouts**. Peel and grate the **carrots**.

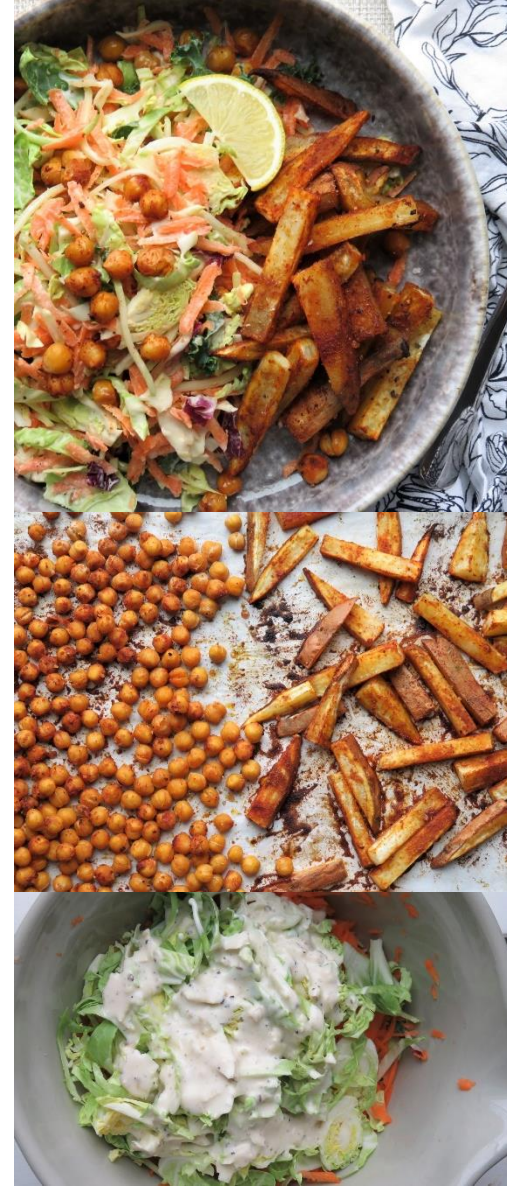
**4.** Make the dressing. In a small bowl, mix together the **mayonnaise**, **steak spice**, **garlic powder**, half the **parmesan**, juice from half your **lemon**, and 2-3 Tbsp. water.

**5.** Place the **Kale Crunch Mix**, **brussels sprouts**, and **carrot** into a large bowl. Add the **Caesar dressing** and **salt** and **pepper** to taste and toss to combine. Add more **lemon juice** if desired.

**6.** To serve, add the **chickpeas** to the salad and serve in a bowl alongside the **sweet potatoes**, or you can add the sweet potatoes into the salad if you prefer. Garnish with the remaining **parmesan**. Enjoy!

## Ingredients (2 Person Serving – 598 Calories Per Serving)

Parmesan Cheese	15 g	Mayonnaise	75 g
Kale Crunch Mix	100 g	Sweet Potato	2 Small
Brussels Sprouts	100 g	Olive Oil	1- 2 Tbsp.
Carrots	2	Montreal Steak Spice	½ Tbsp.
Lemon	1	Chickpeas	1 398 ml Can
Garlic Powder	½ Tbsp. + ¼ tsp.	Smoked Paprika	½ Tbsp.
		Salt and Pepper	To Taste



**35** Minute  
Cook  
Time!