

Vegan Caesar salad with mini romaine lettuce



Ingredients for 2 people

For the salad:

2 mini romaine lettuces
1 tin of chickpeas (400 g)
1 tbsp olive oil
½ tsp salt
½ tsp garlic powder

For the dressing:

1 tbsp capers
150 g soya yoghurt
1 tbsp olive oil
1 tbsp lemon juice
1 tsp Dijon mustard
1 tsp soy sauce
1 tbsp yeast flakes
salt
cayenne pepper

First, preheat the oven to 200 °C (conventional oven). Wash the chickpeas and mix in a bowl with the olive oil, salt and garlic powder. Spread the chickpeas on a baking tray lined with baking paper and bake for around 30 minutes. After half the time, turn or gently move the chickpeas back and forth so that they are crispy on all sides.

To make the dressing, finely chop the capers and mix well with the other ingredients in a large bowl. Season to taste with salt and cayenne pepper.

Wash the mini romaine lettuce and cut into strips. Remove the stem. Add the salad to the dressing in the bowl and mix well. Serve the Caesar salad with the crispy chickpeas.

Bon appétit!