

Greens with Roasted Vegetables, Skirt Steak and Crunchy Roasted Chickpeas

Recipe By Rorie Weisberg



Cooking and Prep:  30
m

Serves:  3

Contains:   

Preference: Meat

Difficulty: Medium

Diet: Low Carb

Source: Family Table by
Mishpacha Magazine

This salad is bursting with colors, textures, taste, and nutrients. I love the contrast of cooked and raw veggies with the chickpeas. The meat is optional, feel free to skip it or replace it with any other protein of choice. Chickpeas themselves are filled with protein, fiber, and starch, so even without the meat, you've got a balanced, filling meal.

Ingredients (31)

Roasted Vegetables

- 1 eggplant, thinly sliced on a diagonal
- 1 zucchini, thinly sliced on a diagonal
- 6 multicolored mini-peppers, sliced into rings
- 8 asparagus spears, washed and sliced on a diagonal
- 2 portobello mushrooms, sliced
- pepper, to taste

Tuscanini Sea Salt, to taste

avocado oil, for coating

Chickpea Croutons

1 tablespoon avocado oil

1 (16.9-oz./475-gr.) package Gefen Organic Chickpeas

1 teaspoon garlic

2 teaspoons paprika

1/4 teaspoon cayenne pepper (optional)

1/2 tablespoon salt

Skirt Steak Strips

1 tablespoon avocado oil

1/2 teaspoon salt

2 tablespoons Gefen Soy Sauce or coconut aminos

10 ounces (280 grams) skirt steak, sliced in strips

1/4 teaspoon pepper

1/2 teaspoon garlic powder

Green Dressing

1/2 teaspoon garlic powder

1/2 cup Baracke Seasoned Tahini

juice of 1 lime

juice of 1/2 lemon

1 teaspoon salt

1/2 teaspoon pepper, or to taste

1/4 cup water

Salad

2 rainbow radishes, sliced

2 cups mixed greens

1 cup arugula

Sommelier Suggests

Psagot Cabernet Franc

Start Cooking

Prepare the Salad

1. Preheat oven to 450 degrees Fahrenheit (230 degrees Celsius).
2. Place each vegetable, sliced, into a separate baking pan. Coat vegetables in avocado oil. Season well with sea salt and pepper. Roast to a crisp texture, then let cool.
3. Drain and rinse chickpeas. Pat dry with paper towels and spread on a baking sheet. Drizzle with oil and toss with spices and salt. Bake for 20–22 minutes until crunchy.
4. Meanwhile, prepare the skirt steaks: Over low heat, sauté the steaks in avocado oil and soy sauce, mixing periodically. Season with garlic powder, salt, and pepper.
5. For the dressing, place all ingredients in a mini food processor and mix until a thick dressing consistency forms. If it's pasty, it's too thick. Add one tablespoon of water at a time until desired consistency is reached.

To Assemble

1. Arrange radish slices on two plates.
2. Place the roasted asparagus spears on two sides of the plate, adding the salad greens on top. Arrange the roasted vegetables over the salad.
- 3.

Top the vegetables with skirt steak strips and drizzle a generous amount of dressing over everything. Top with roasted chickpea croutons for great crunch and flavor!