

Mediterranean Summer Salad, Heirloom Tomato, Spiced Chickpeas + Pickled Red Onion

Serves 10

INGREDIENTS

For the Salad:

4 cups arugula
1 head of romaine, cleaned + chopped
1 bulb radicchio, thinly sliced
1/4 cup basil, chiffonade
1/2 fennel bulb, shaved
1 cucumber, halved & cored, cut into thick slices

Tomatoes:

2 cups heirloom cherry tomatoes
2 tbsp olive oil
salt & pepper

Pickled Red Onion:

1/2 cup apple cider vinegar
1 tbsp sugar
1 1/2 tsp kosher salt
1/2 red onion, thinly sliced
1 cup water

Roasted Chickpeas:

1.5 cups chickpeas, rinsed + dried
1 tbsp olive oil
1/2 tsp ground cumin
1/2 tsp chili powder
1/4 tsp cayenne pepper
1/2 tsp sea salt

Preserved Lemon Vinaigrette:

1 Tbsp minced shallot
1 piece preserved lemon
1 Tbsp honey
2 tsp dijon mustard
1/4 cup fresh lemon juice
2 clove garlic, finely minced
1/2 cup vegetable oil
1/4 cup olive oil
salt + pepper

Feta with Olive, Basil + Lemon:

1 1/2 cups feta, crumbled
1/4 cup kalamata olive, pitted + finely chopped
1/4 cup fresh basil, finely chopped
Zest from 1 lemon
Salt + Pepper to season

METHOD

For the Tomatoes:

Slice the tomatoes in half and drizzle with olive oil, and salt and pepper. Place tomatoes on roasting rack and place into a 350F preheated oven. Roast until slightly wrinkled. Cool completely and set aside.

For the Pickled Red Onion:

Place first 3 ingredients, and 1 cup water in a small pot over medium heat and whisk until sugar and salt dissolve. Place onion in a bowl and pour vinegar mixture over. Let sit at room temperature for minimum 1/2 hour.

For the Roasted Chickpeas:

Heat the oven to 400°F and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.

For the Preserved Lemon Vinaigrette:

Place all ingredients except for both oils into a high sided container. Place immersion blender inside and begin blending mixture. While blending the ingredients, pour oils into the jar in a steady stream to combine the vinaigrette. Taste, and adjust seasoning as needed.

Marinate the shaved fennel + cucumber in 2 Tbsp of the dressing.

For the Feta:

Mix all ingredients together, and season to taste.

To Assemble the Salad:

Mix arugula, romaine + radicchio with the fennel + cucumber. Toss with preserved lemon vinaigrette, and season to taste. Top with heirloom tomatoes, pickled red onion, chickpeas + feta.