

*Charred cabbage
wedges and
grilled chicken
breasts with a
creamy lemon
and chickpea
dressing*



ELDRIDGE

FRESH ORGANICS

Charred cabbage wedges and grilled chicken breasts with a creamy lemon and chickpea dressing.

Serves 4



30 mins

INGREDIENTS

1/2 white cabbage, stalk intact
4 chicken breasts*
1/2 cup olive oil, for cooking
Salt and pepper
1 celery stalk, finely diced
1 can chickpeas, drained
1/2 cup water
1/2 cup olive oil (extra)
1 Tbsp tahini paste
1 clove garlic, crushed
1 lemon, zest, and juice
50g flaked almond, toasted
or oven roasted chickpeas

**omit to make vegetarian*

HOW TO

Cut the cabbage half into 5-6 wedges leaving the stalk intact in each wedge to hold the layers of cabbage leaves together. Brush both sides of each wedge with olive oil and season with salt and pepper.

Brush chicken* breasts with olive oil, season with salt and pepper. Bring a griddle pan or BBQ to a medium heat, grill chicken breasts until cooked through.

Add cabbage wedges to the griddle pan and cook for 5 minutes on each side, carefully turning once.

For the dressing use a stick blender to puree, chickpeas, water, olive oil, lemon zest and garlic.

To serve, spread chickpea puree over the base of a large platter. Slice chicken breasts into thirds. Arrange along platter with cabbage wedges. Sprinkle with diced celery, toasted almond flakes and a generous squeeze of lemon juice.

