

Shredded silverbeet, chickpea sprout, sorrel & hazelnut salad

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You'll love this fresh salad and its delicious combination of lemony sorrel and parmesan, perfect for a refreshing summer lunch.

Ingredients

- 100 g hazelnuts
- 1 bunch of young silverbeet, tough stalks trimmed off, leaves finely shredded
- 1 handful of sorrel leaves, finely shredded
- 2 handfuls of chickpea sprouts
- 50 g parmigiano reggiano, finely grated

Dressing

- 80 ml hazelnut oil
- 2 tbsp extra-virgin olive oil
- 1½ tbsp sherry vinegar
- Salt flakes and freshly ground black pepper

Method

Shredded silverbeet, chickpea sprout, sorrel & hazelnut salad

Preheat the oven to 165°C fan-forced.

Roast the hazelnuts on a baking tray until golden, about 10 minutes.

Rub the skins off in a clean tea towel and roughly chop the nuts.

Add the silverbeet, sorrel, sprouts and parmigiano reggiano to a large bowl and toss together.

For the dressing, combine the ingredients in a small bowl, season with salt and pepper and whisk to emulsify. Add half the hazelnuts and tip over the greens. Toss to evenly coat, then tip into a serving bowl.

Sprinkle the remaining nuts over the top and serve immediately.

This is an edited extract from *Salads & Vegetables* by Karen Martini, published by Plum. \$34.99, available in all good bookstores.

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