



# UCOOK

## Gochujang Chickpea Sandwich

with potato crisps & cucumber salad

A toasted burger bun is generously filled with a gorgeous gochujang-infused chickpea filling, dotted with bell pepper, garlic & silky onion bits. For freshness, there's a peppery basil, greens & cucumber salad and for extra flavour, a serving of potato crisps.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 1 Person

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**Chef:** Jenna Peoples

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Veggie

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Stettyn Wines | Stettyn Family Range Chenin Blanc

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## Ingredients & Prep

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120g	Chickpeas <i>drain &amp; rinse</i>
50ml	Creamy Gochujang Sauce <i>(10ml Gochujang, 35ml Coconut Yoghurt &amp; 5ml Lime Juice)</i>
1	Onion <i>peel &amp; roughly slice</i>
1	Bell Pepper <i>rinse, deseed &amp; roughly dice</i>
1	Garlic Clove <i>peel &amp; grate</i>
50g	Cucumber <i>rinse &amp; roughly dice</i>
3g	Fresh Basil <i>rinse &amp; finely slice</i>
1	Burger Bun
1 unit	Potato Crisps

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Butter (optional)

**1. GOCHUJANG CHICKPEAS** In a bowl, combine the rinsed chickpeas and the creamy gochujang sauce. Mash with a fork until chunky and combined. Season and set aside.

**2. FLAVOURFUL FILLING** Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). In the final 3-4 minutes, add ½ the diced peppers and the grated garlic. Stir through the mashed gochujang chickpeas until heated through and combined, 2-3 minutes (shifting occasionally). Cover and set aside.

**3. FRESH SALAD** In a bowl, combine the diced cucumber with the remaining pepper, the sliced basil, a drizzle of olive oil, and seasoning. Set aside.

**4. TOASTED BUN** Halve the burger bun, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the bun, cut-side down, until golden, 1-2 minutes.

**5. DINNER? DONE!** Generously fill the bun with the gochujang chickpea mixture. Side with the potato chips and the fresh cucumber salad. Close it up and enjoy, Chef!

## Nutritional Information

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Per 100g

Energy	446kJ
Energy	107kcal
Protein	3.6g
Carbs	17g
of which sugars	5.3g
Fibre	2.8g
Fat	2.2g
of which saturated	0.9g
Sodium	81mg

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## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Sugar Alcohol (Xylitol), Soy

Eat  
Within  
4 Days