



UCCOOK

Smashed Chickpea Wrap

with gherkins & sun-dried tomatoes

Hands-on Time: 8 minutes

Overall Time: 8 minutes

Lunch: Serves 1 & 2

Chef: Tiisetso Maema

Nutritional Info	Per 100g	Per Portion
Energy	595kJ	1310kJ
Energy	142kcal	313kcal
Protein	6.5g	14.2g
Carbs	23g	51g
of which sugars	4.3g	9.6g
Fibre	4.9g	10.7g
Fat	4.2g	9.3g
of which saturated	0.9g	1.9g
Sodium	191mg	420mg

Allergens: Sulphites, Egg, Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Wheat Flour Tortilla/s
120g	240g	Chickpeas <i>drain & rinse</i>
40ml	80ml	Mustard Mayo <i>5ml [10ml] Dijon Mustard, 35ml [70ml] Hellmann's Original Mayo</i>
1	1	Spring Onion <i>rinse, trim & roughly slice ½ [1]</i>
20g	40g	Gherkins <i>drain & roughly chop</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
20g	40g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Water

Seasoning (salt & pepper)

1. HEAT THE TORTILLA Place the tortilla/s on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. SMASH, ADD & SEASON In a bowl, add the chickpeas and mustard-mayo. Smash with a fork until the desired consistency. Add in the spring onion, gherkins and sun-dried tomatoes. Season and set aside.

3. IT'S A WRAP! Place the smashed chickpea mix on the tortilla, and add the shredded lettuce. Wrap and enjoy!