



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.

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Jenna Peoples

Veggie

Stettyn Wines | Stettyn Family Range Chenin Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

360g	Chickpeas <i>drain & rinse</i>
150ml	Creamy Gochujang Sauce <i>(30ml Gochujang, 105ml Coconut Yoghurt & 15ml Lime Juice)</i>
2	Onions <i>peel & roughly slice</i>
2	Bell Peppers <i>rinse, deseed & roughly dice</i>
2	Garlic Cloves <i>peel & grate</i>
150g	Cucumber <i>rinse & roughly dice</i>
8g	Fresh Basil <i>rinse & finely slice</i>
3	Burger Buns
3 units	Potato Crisps

From Your Kitchen

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, 12-15 minutes (shifting occasionally). In the final 4-5 minutes, add ½ the diced peppers and the grated garlic. Stir through the mashed gochujang chickpeas until heated through and combined, 3-4 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 buns, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the buns, cut-side down, until golden, 1-2 minutes.

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

Nutritional Information

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

Allergens

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

**Eat
Within
4 Days**