



uCOOK

Smashed Chickpea Open Sandwich

with coriander & chilli flakes

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	943kJ	3758kJ
Energy	225kcal	899kcal
Protein	9.3g	37g
Carbs	22g	89g
of which sugars	2.1g	8.5g
Fibre	5.5g	21.7g
Fat	11g	43.9g
of which saturated	4.5g	18g
Sodium	259mg	1031mg

Allergens: Cow's Milk, Gluten, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [\[Serves 2\]](#)

2 slices	4 slices	Dumpy Health Bread
120g	240g	Chickpeas <i>rinse & drain</i>
80ml	160ml	Cream Cheese
50g	100g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
15ml	30ml	Soy Dijon <i>(12,5ml [25ml] Low Sodium Soy Sauce & 2,5ml [5ml] Dijon Mustard)</i>
5ml	10ml	Dried Chilli Flakes

From Your Kitchen

Seasoning (salt & pepper)

Water

- 1. TIME FOR A TOAST** Toast the bread in a toaster. Alternatively, heat in a microwave until softened, 15 seconds. Allow to cool slightly before assembling.
- 2. SOME PREP** In a bowl, combine the chickpeas, the cream cheese, ½ the coriander and the soy dijon (to taste). Mash with a fork. Mix in the cucumber and season.
- 3. LUNCH IS READY** Smear the chickpea mixture over the bread. Top with the remaining coriander and scatter over the chilli flakes (to taste). Enjoy!