



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	805kJ	3129kJ
Energy	193kcal	749kcal
Protein	7.5g	29.2g
Carbs	22g	86g
of which sugars	2.2g	8.6g
Fibre	2.9g	11.3g
Fat	7g	27.2g
of which saturated	4.1g	15.9g
Sodium	300.1mg	1166.3mg

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

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
2 slices	4 slices	Sourdough Rye Bread
120g	240g	Chickpeas <i>rinse & drain</i>
80ml	160ml	Cream Cheese
15ml	30ml	Soy Dijon <i>(12,5ml [25ml] Low Sodium Soy Sauce & 2,5ml [5ml] Dijon Mustard)</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Dill <i>rinse & pick</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, 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 dill and scatter over the chilli flakes (to taste). Enjoy!