



# UCOOK

## Smashed Chickpea Open Sandwich

with dill & chilli flakes

Let's smash lunch out of the park, Chef! A toasted sourdough slice is topped with a smashed chickpea & cucumber smear, kicked up a notch with a soy-dijon sauce. Finished with delicate dill and dried chilli flakes.

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Serves:** 2 People

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**Chef:** Eunice Ngouapindi Mboumba

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\*New Lunch

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### Ingredients & Prep

4 slices Sourdough Rye Bread

240g Chickpeas  
*rinse & drain*

160ml Cream Cheese

30ml Soy Dijon  
*(25ml Low Sodium Soy  
Sauce & 5ml Dijon  
Mustard)*

100g Cucumber  
*rinse & roughly dice*

5g Fresh Dill  
*rinse & pick*

10ml Dried Chilli Flakes

### From Your Kitchen

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 drained chickpeas, the cream cheese, and the soy dijon (to taste). Mash with a fork. Mix in the diced cucumber and season.

**3. LUNCH IS READY** Smear the chickpea mixture over the bread. Top with the rinsed dill and scatter over the chilli flakes (to taste). Enjoy!

### Nutritional Information

Per 100g

Energy	805kj
Energy	193kcal
Protein	7.5g
Carbs	22g
of which sugars	2.2g
Fibre	2.9g
Fat	7g
of which saturated	4.1g
Sodium	300mg

### Allergens

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

Eat  
Within  
2 Days