



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.

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Serves: 1 Person

Chef: Eunice Ngouapindi Mboumba

*New Lunch

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Ingredients & Prep

2 slices	Sourdough Rye Bread
120g	Chickpeas <i>rinse & drain</i>
80ml	Cream Cheese
15ml	Soy Dijon <i>(12,5ml Low Sodium Soy Sauce & 2,5ml Dijon Mustard)</i>
50g	Cucumber <i>rinse & roughly dice</i>
3g	Fresh Dill <i>rinse & pick</i>
5ml	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