



uCOOK

Smashed Chickpea Open Sandwich

with coriander & chilli flakes

Hands-on Time: 12 minutes

Overall Time: 12 minutes

Lunch: Serves 3 & 4

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 3 | [Serves 4] | |
| 6 slices | 8 slices | Sourdough Rye Bread |
| 360g | 480g | Chickpeas <i>rinse & drain</i> |
| 240ml | 320ml | Cream Cheese |
| 45ml | 60ml | Soy Dijon <i>(37,5ml [50ml] Low Sodium Soy Sauce & 7,5ml [10ml] Dijon Mustard)</i> |
| 150g | 200g | Cucumber <i>rinse & roughly dice</i> |
| 8g | 10g | Fresh Dill <i>rinse & pick</i> |
| 15ml | 20ml | 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!