



UCCOOK

Smashed Chickpea Wrap

with gherkins & sun-dried tomatoes

Hands-on Time: 10 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Tiisetso Maema

Nutritional Info	Per 100g	Per Portion
Energy	595kJ	1310kJ
Energy	142kcal	313kcal
Protein	6.5g	14.2g
Carbs	23g	51g
of which sugars	4.3g	9.6g
Fibre	4.9g	10.7g
Fat	4.2g	9.3g
of which saturated	0.9g	1.9g
Sodium	191mg	420mg

Allergens: Sulphites, Egg, Gluten, Wheat, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [\[Serves 4\]](#)

3	4	Wheat Flour Tortillas
360g	480g	Chickpeas <i>drain & rinse</i>
120ml	160ml	Mustard Mayo <i>15ml [20ml] Dijon Mustard, 105ml [140ml] Hellmann's Original Mayo</i>
2	2	Spring Onions <i>rinse, trim & roughly slice 1½ [2]</i>
60g	80g	Gherkins <i>drain & roughly chop</i>
60g	80g	Sun-dried Tomatoes <i>roughly chop</i>
60g	80g	Green Leaves <i>rinse & roughly chop</i>

From Your Kitchen

Water

Seasoning (salt & pepper)

1. HEAT THE TORTILLA Place the tortillas on a plate and sprinkle with droplets of water. Heat in the microwave until softened, 15 seconds.

2. SMASH, ADD & SEASON In a bowl, add the chickpeas and mustard-mayo. Smash with a fork until the desired consistency. Add in the spring onion, gherkins and sun-dried tomatoes. Season and set aside.

3. IT'S A WRAP! Place the smashed chickpea mix on the tortilla, and add the shredded lettuce. Wrap and enjoy!