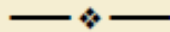


SustainaBites



Coronation Chickpeas

A Planet-Friendly Sandwich Filler! (serves 4+)



Ingredients

- 1 tin Chickpeas drained and rinsed (400g)
- 3 tbsp Vegan mayonnaise
- 2 tsp Mild curry powder
- 1 tbsp Mango chutney
- 1/4 Red onion diced
- 1/3 cup Raisins or sultanas (optional)
- Small handful of chopped spinach (optional)
- To taste Salt & pepper

Method

1. In a large bowl, mash the chickpeas with a fork or potato masher.
2. Add the mayo, curry powder, mango chutney, and red onions.
3. Add the optional raisins/sultanas and/or spinach if using.
4. Mix well. Taste and season with salt and pepper as desired.
5. Serve it up!

Serving Suggestions

- Spoon mixture onto bread/toast with lettuce to make fantastic sandwiches.
- Or onto crackers or baguette rounds to serve as canapés.
- Substitute mayo for unsweetened plant-based yoghurt for a healthier version.

♥ Enjoy! ♥

