



JERNEJ KITCHEN

VEGAN CHICKPEA SALAD SANDWICH

Vegan Chickpea Salad Sandwich is an easy and quick, 5-minute recipe for breakfast, brunch, or lunch. You can make chickpea salad days ahead.

SERVES 4 PEOPLE
TOTAL TIME: 5 MINUTES

VEGAN CHICKPEA SALAD SANDWICH

250 g (1 1/4 cup) canned chickpeas, drained

250 g (1 1/4 cup) canned white beans, drained

2 large carrots

1 celery stalk

1 shallot

2 tbsp vegan mayo

200 g (1 cup) Planet of Plants sauce or 1/2 cup hummus

1 tsp diced parsley

1 tsp lemon juice

8 slices of bread (for 4 sandwiches)

PREPARE THE VEGGIES AND CHICKPEAS

Add drained cooked chickpeas and drained cooked beans to a large bowl. Add grated carrots, diced celery, diced shallot, mayo, and Planet of Plants sauce or hummus. Season with salt, pepper, diced parsley, and lemon juice. Using a fork, mash everything together to get a creamy mixture.

SERVE

Assemble the chickpea salad sandwich: If desired, add some lettuce leaves on top of the bread. Top the sandwich with a chickpea spread and cover with bread.

TOOLS AND EQUIPEMENT

kitchen knife
cutting board
bowl