

Masala Chickpea Sandwich

Recipe recommended by Yasmine Fella
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MACRONUTRIENT VALUES PER 100G

| Nutritional values per 100g | | |
|-----------------------------|----------|-----|
| | PER 100G | %RI |
| Energy (kj) | 1951kj | 23% |
| Energy (kcal) | 454cal | 23% |
| Fat | 45.5g | 8% |
| <i>of which saturates</i> | 1.2g | 6% |
| Carbohydrate | 66g | 25% |
| <i>of which sugars</i> | 6.9g | 8% |
| Fibre | 19g | 76% |
| Protein | 25g | 50% |
| Salt | 1.4g | 23% |

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INGREDIENTS: (Serves 2, 454kcal per 357g)

- 1 tin of chickpeas (may contain **SULPHITES**)
- 50g of yogurt (**MILK**)
- 2 garlic cloves, crushed
- 2 thumbs of ginger, grated
- 1 chilli, thinly sliced
- 1tbsp tomato purée
- 1sp cumin
- 4 slices of brown bread (**GLUTEN**)
- 2 slices of iceberg lettuce, chopped in half
- Salt and pepper to taste

METHOD:

1. Toast your chickpeas in a pan for 5 minute, with some oil, and salt and pepper on a high heat.
2. Lower the heat and add your ginger, garlic and chilli, alongside your cumin and tomato purée and cook for another 4 minutes.
3. Remove the mixture from the frying plan and place in a bowl, allow to cool down for 5-10 minutes and then mix in the yogurt
4. Finally, assemble your sandwich, with the masala chickpea filling and your lettuce, alongside anything else you want.

ALLERGENS



MILK



GLUTEN



SULPHITES

MODIFY

The filling can be used with anything, its perfect for lunches in wraps and sandwiches, but can be used alongside rice or noodles.

CREDIT

Recipe by: Yasmine Fella
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