



VEGAN CHICKPEA 'tuna' sarnies!

SERVES 4

Time to prepare: 10 mins

Dietary requirements: Dairy-free, Egg-free, Vegan

Ingredients

400g tin chickpeas, drained and rinsed
1 tbsp tahini
1 tsp dijon mustard
1 tbsp apple cider vinegar
salt and pepper to taste
1 spring onion, finely chopped
1 tsp capers, roughly chopped
1 tbsp vegan mayonnaise (optional)
handful of mixed salad leaves
½ red pepper, diced
cherry tomatoes, chopped
8 slices of bread

Method

1. Mash chickpeas in a bowl.
2. Add all the other ingredients apart from salad leaves and tomatoes.
3. Assemble sandwiches laying some salad leaves and tomato and sprinkling some red pepper on each one.
4. Also good with sliced cucumber.

OUR THANKS TO OLLY BRAGG

For his recipes and tips above to make the perfect vegetarian food.

 vegetarianforlife.org.uk

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