**LOVE THY CARROT**

*real food made with love*

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# VEGAN CURRIED SMASHED CHICKPEA SANDWICH

This recipe makes 3 – 4 servings

**INGREDIENTS**

1/4 cup vegan mayo or any mayo you like  
1 teaspoon curry powder, or more to taste  
pinch of garlic powder  
pinch of turmeric  
1/4 tsp salt or more to taste  
1 stalk celery, finely diced  
2 scallions, minced  
juice of 1 lime  
¼ cup cilantro or parsley, roughly chopped  
1 can chickpeas, drained well, (540 ml or 19 oz can)

**DIRECTIONS**

1. In a medium sized bowl combine the mayo with the curry powder, garlic, turmeric and salt, mix well.  
2. Add in the chopped celery, scallions and lime juice, mix again.  
3. Then add about half the chickpeas and mash them well with the back of a fork or I like to use a potato masher. You could also use a food processor but make sure not to over process.   
4. Fold in the rest of the chickpeas, cilantro or parsley.   
5. Taste and adjust seasoning.  
6. For best result, let mixture chill in fridge for at least an hour before serving.

**COOKS NOTES**

Make sure to drain, rinse and dry the chickpeas well.  
Be careful not to over process the chickpeas in the food processor. I like to leave it a bit chunky.  
I like to make this in advance as I find the flavours really develop after a few hours int he fridge.  
If you are not use to using curry powder I would start with 1/2 tsp and adjust to taste.  
Feel free to add in other veggies, like diced peppers and carrots, or fruit like a chopped apple.  
This keeps well in the fridge for 3 to 4 days.