

Caesar Salad Chickpea Sandwich

Ingredients

1/4 cup mayonnaise
1 garlic clove, chopped
1/2 lemon, juiced
1 tsp capers
1 tsp Dijon mustard
1/2 tsp vegan Worcestershire sauce
1/2 tsp pepper
20 g parmesan cheese, grated

2/3 cups chickpeas, drained
2 large Romaine lettuce leaves, chopped
30 g red onion, chopped
1 ciabatta sandwich bun (sliced in half) or 1
recipe Soft Dinner Rolls

Instructions

1. In a blender place the mayonnaise, garlic, lemon juice, capers, Dijon mustard, Worcestershire sauce, pepper and parmesan cheese. Blend until smooth.
2. If desired remove the skins of the chickpeas and compost.
3. In a bowl mix the chickpeas, romaine lettuce, red onion and the Caesar dressing. Toss to evenly coat.
4. Serve in a warm ciabatta bun.