

Plant-Based "Chicken" Sandwich Filling



Discover the goodness of our Chickpea Sandwich with "veggie chicken" preparation. Packed with plant-based protein, this savory delight offers a nutritious and satisfying alternative for your sandwich cravings.

Preparation 5 min

Cooking 0 min

Servings 6

Nutrition Facts (per serving)

Calories 280

Fat 7

Carbohydrates 37

Fibre 10

Protein 21

Sodium 430

Ingredients

- 1 can (540 ml) chickpeas, rinsed and drained
- 1 package (227 g) plant-based "chicken" (Tofurky or Gardein type)
- 2 stalks celery, cut into pieces
- 250 ml (1 cup) baby spinach
- 80 ml (? cup) pickles, sliced
- 60 ml (¼ cup) light mayonnaise or veganaise

- 15 ml (1 tbsp) Dijon mustard
- juice of half a lemon
- 15 ml (1 tbsp) fresh dill
- Pepper and salt, to taste

Preparation

1. Place all ingredients in a food processor and blend for about 15 seconds, until chunks remain.
2. Enjoy in a sandwich, on a salad or in a wrap!



Gabrielle Simard – Créatrice culinaire
Culinary Creator