

# Nohutlu Salata Sandviç

Quick and healthy chickpea salad sandwich ready in 10 minutes. Protein-packed with creamy mayo dressing - perfect for lunch or picnics!

10 min

HAZIRLIK

10 min

TOPLAM

4

PORSIYON

Easy

ZORLUK

Nohutlu Salata Sandviç

## Malzemeler

- 35 g boiled chickpea
- 1 apple
- 2 celery stick
- 1 carrot
- 1 tbsp mayonnaise
- 2 tbsp radish
- 2 tbsp caper (caparis)
- 1 pinch salt
- 1 pinch black pepper
- 1 full grain bread

## Yapılışı

- 1 Prepare the chickpeas**

Drain and rinse 35g of canned chickpeas in a fine mesh strainer under cold running water for 30 seconds. Pat completely dry with paper towels and transfer to a large mixing bowl.
- 2 Mash the chickpeas**

Mash the chickpeas with a fork or potato masher until roughly broken down, leaving some chunky pieces for texture - about 30-45 seconds of mashing.
- 3 Add vegetables and seasonings**

Add 1 tablespoon mayonnaise, 2 tablespoons lemon juice, 2 tablespoons diced vegetables, 1 pinch salt, and 1 pinch black pepper to the mashed chickpeas.
- 4 Stir all ingredients together**

Stir all ingredients together until well combined and the mixture holds together, about 1 minute. Taste and adjust salt and pepper as needed.
- 5 Assemble sandwiches**

Toast 1 slice of bread in a toaster or toaster oven until golden brown, about 2-3 minutes depending on your preference.
- 6 Spread the chickpea salad**

Spread the chickpea salad evenly on the toasted bread slice. Top with the remaining untoasted bread slice and press gently to secure.
- 7 Cut the sandwich**

Cut the sandwich diagonally in half and serve immediately, or wrap tightly and refrigerate for up to 2 hours before serving.

## ?puçlar?

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Drain and rinse canned chickpeas thoroughly, then pat completely dry with paper towels to prevent watery filling that will make your sandwich soggy.

Mash chickpeas to your preferred consistency - some people like completely smooth while others prefer chunks for texture. Leave about 25% of the chickpeas partially whole.

Dice vegetables uniformly to ensure even distribution and consistent bites throughout the salad.

Toast your bread lightly even if serving immediately - this creates a barrier that prevents the filling from soaking into the bread.

Add a squeeze of fresh lemon juice to brighten the flavors and help preserve the salad if making ahead.

For extra flavor depth, add a teaspoon of Dijon mustard or a pinch of smoked paprika to the mayonnaise mixture.

Prepare the filling up to 3 days ahead but assemble sandwiches just before serving for best texture and food safety.