



SMASHED CHICKPEA PITAS WITH POTATO WEDGES & GREENS

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 830/SERVING



This will easily become your new favourite way to eat chickpeas. Creamy and tangy with vegan mayo, mustard, herbs, and the ingredient that takes it to the next level: pickles. Stuffed in soft pitas and served with a simple salad and perfectly crispy potato wedges.

WHAT YOU'LL NEED

- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt & pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE	2 servings	4 servings
Chickpeas	1.5 cups	3 cups
Celery	1 stalk	2 stalks
Shallot	1	2
Pitas	2	4
Russet Potatoes	1	2
Greens	3 handfuls	6 handfuls
Wet mix	1/4 cup	1/2 cup
Vinaigrette	3 tbsp	6 tbsp



Preheat the oven to 400°F and prep the ingredients: Rinse the **chickpeas**, finely dice the **shallot** and **celery**, cut the **potatoes** into wedges, and open up the **pitas**.



Toss the **potatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased. Bake for 30-40 minutes until slightly golden and crispy, flipping halfway through.



Add the **chickpeas** to a mixing bowl and lightly mash with a fork for texture. Add the **celery**, **shallot**, and **wet mix**. Stir thoroughly to combine.



Season the **greens** with the **vinaigrette** and set aside.



Stuff the smashed **chickpea** salad into the **pitas**, and serve alongside the **potatoes** and **greens**.

Nutrition Facts		Valeur nutritive	
Per Serving (581 g)			
pour 1 (581 g)			
Calories 830		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 34 g			45 %
Saturated / saturés 5.0 g			25 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 117 g			
Fibre / Fibres 19 g			68 %
Sugars / Sucres 5 g			5 %
Protein / Protéines 24 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 1460 mg			63 %
Potassium 1300 mg			28 %
Calcium 200 mg			15 %
Iron / Fer 7 mg			39 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			