



FAST. EASY. FRESH.

# SPICY BUFFALO CHICKPEA SANDWICHES WITH RANCH SLAW AND SIDE SALAD

**1.** Start by prepping your ingredients. Drain and rinse your **chickpeas**. De-seed and fine dice the **mini bell peppers** and finely dice the **celery**. Peel and finely mince the **shallot**.

**2.** Place your **chickpeas** into a large bowl and mash with a fork until most of the chickpeas are mashed but there's still some texture. Add the **pepper, celery,** and as much **shallot** as you'd like and stir to combine. Add the **Buffalo Sauce Mix** (**Hot sauce, apple cider vinegar,** and **garlic powder**), ½ tsp. **salt,** and the **olive oil** and stir to combine.

**3.** Next, place your **coleslaw mix** in a medium bowl and toss with the **vegan ranch** and **lime juice** and **salt** and **pepper** to taste.

**4.** If desired, place your **whole wheat bread** into a toaster and toast until golden brown.

**5.** To assemble your sandwiches place one slice of **bread** down then top with a bit of the **mixed greens** (save some for your salad), the **buffalo chickpeas,** and your **slaw,** then top with the other piece of bread. Repeat for the other sandwich.

**6.** To serve, place the sandwiches onto plates and then add **mixed greens** alongside. Drizzle with your **balsamic vinaigrette** and garnish with **sunflower seeds.** Enjoy!

## Ingredients (4 Person Serving – 702 Calories Per Serving)

Chickpeas	2 540 ml Cans	Coleslaw Mix	200 g
Mini Bell Peppers	2	Vegan Ranch	4 Tbsp.
Celery	2 Stalks	Lime Juice	2 tsp.
Shallot	1 Small	Mixed Greens	140 g
Garlic Powder	½ tsp.	Whole Wheat Bread	8 Slices
Hot Sauce	6 Tbsp.	Sunflower Seeds	4 Tbsp.
Apple Cider Vinegar	4 tsp.	Balsamic Vinaigrette	2 Tbsp.
Olive Oil	4 tsp.	Salt and Pepper	To taste



# 20 Minute Cook Time!