



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 pepper** 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**),  $\frac{1}{4}$  tsp. **salt**, and the **olive oil** and stir to combine.

**3.** Next, place your **coleslaw mix** in a small bowl and toss with the **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 (2 Person Serving – 702 Calories Per Serving)

Chickpeas	1 540 ml Can	Coleslaw Mix	100 g
Mini Bell Pepper	1	Ranch Dressing	2 Tbsp.
Celery	1 Stalk	Lime Juice	1 tsp.
Shallot	1 Small	Mixed Greens	70 g
Garlic Powder	$\frac{1}{4}$ tsp.	Whole Wheat Bread	4 Slices
Hot Sauce	3 Tbsp.	Sunflower Seeds	2 Tbsp.
Apple Cider Vinegar	2 tsp.	Balsamic Vinaigrette	1 Tbsp.
Olive Oil	2 tsp.	Salt and Pepper	To taste

# 20 Minute Cook Time!