

Sandwich or Baguette Ideas

Chickpea Tahini Smash Filling

Ingredients

240g cooked chickpeas mashed	Pinch cinnamon
3 tbsp tahini	Pinch cardamom
2 tbsp lemon or lime juice	1 stalk celery chopped very fine and small
½ tsp ground coriander	2 tbsp finely chopped red onion
½ tsp ground cumin	1 tsp wholegrain mustard
¼ tsp ground pepper	1 tbsp filtered water
¼ tsp paprika	Salt to taste
Pinch nutmeg	

Method

Mix everything together and put on your sandwich with tomato and cucumber slices and lettuce.

Jackfruit 'Chicken' Filling

Ingredients

1 can jackfruit shredded and the cores cut up too
8 green olives (optional)
2 green spring onions finely chopped
½ stalk celery finely chopped
½ tsp finely chopped fresh rosemary (optional)
2 pinches dried thyme
4 tbsp home made mayonnaise <http://www.veets.com.au/blog/preservative-free-vegan-mayonnaise>
Salt and pepper to taste

Method

Mix everything together and put on your sandwich with tomato and cucumber slices and lettuce.

