

Chickpea Sandwich

The chickpea and potato sandwich with yogurt dressing is a hearty and refreshing meal, combining spiced chickpeas and potatoes with a tangy yogurt sauce in a crispy focaccia bread. This recipe serves 3 people.



Ingredients

1 tin chickpeas, drained & rinsed
1 boiled potato, mashed
1 onion, finely chopped
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp turmeric
 $\frac{1}{2}$ tsp chilli powder
fresh coriander
mixed seeds
olive oil
slices of focaccia

For the Dressing

4 tbsp Greek yoghurt

pinch of salt

pinch of black pepper

pinch of ground cumin

small handful fresh dill, finely chopped

small handful fresh chives, finely chopped

1 red chilli, finely chopped

Method

- Add the chickpeas to a large bowl and roughly crush them.
- Add the boiled potato, onion, salt, turmeric, chilli powder, and fresh coriander. Mix well.
- Use your hands to form the mixture into 3 palm-sized patties.
- Place the mixed seeds in a shallow bowl.
- Roll the patties in the seeds so that all sides are covered.
- Heat 2 tbsp oil in a hot pan. Add the patties and cook for 4-5 minutes on each side.
- To prepare the dressing mix the yoghurt, salt, black pepper, ground cumin, dill, and chives together in a bowl.
- Heat 1 tbsp oil in a frying pan. Toast the focaccia on all sides until golden and crispy.
- Assemble the sandwich by spreading a thick layer of dressing onto the inside of one slice. Add a sprinkle of red chilli, the chickpea patty and top with some more dressing and the other slice of focaccia. Tuck in!