



Chickpea tuna sushi bowl

with rice and cabbage salad



Make this dish within 5 days of receiving your meal kit



Cooking equipment: small pot



Pantry items needed: none



Hands-on: 10-15 minutes
Ready in: 20-25 minutes



Serves: 2 or 4

Sushi without the mess? Yes please! Our fish-free chickpea tuna is a protein-packed flavour punch! With so many textures and fresh flavours, this bowl is sure to satisfy.

NO ADDED GLUTEN | CALORIE SMART | Adventurous, Great for leftovers

Before you start

Read through the recipe and give your fresh produce a wash.

Ingredients

	2 serves	4 serves
Sushi rice	1 packet	1 packet
Water for rice*	1½ cup	3 cups
Sushi dressing	1 tub	1 tub
Chickpeas	1 can	2 cans
Spring onion	30g	60g
Celery	50g	100g
Dill	8g	16g
Cabbage	120g	240g
Carrot	120g	240g
Pickled ginger	1 tub	1 tub
Chickpea tuna dressing	1 tub	1 tub
Seaweed seasoning	1 packet	1 packet

* Pantry items

Allergens and ingredients

Allergens: sesame.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

Instructions

1. Cook rice

Rinse **sushi rice** through a sieve until the water runs clear. In a small pot, add **sushi rice** and **water for rice*** and bring to a boil. Reduce to a simmer and cook, covered, until the water has absorbed and **rice** is tender, about **15 minutes**. When cooked, remove from the heat, fold through the **sushi dressing** and keep covered until ready to serve.

2. Prepare vegetables

Drain and rinse **chickpeas**. Thinly slice **spring onion**. Finely dice **celery**. Roughly chop **dill**. Thinly slice **cabbage**. Grate **carrot** (**1/2 for 2 serves** and **1 for 4 serves**). Roughly chop **pickled ginger**.

3. Make chickpea tuna

In a bowl, using a potato masher or fork, mash **chickpeas** roughly. Add **spring onion, celery, dill** and **chickpea tuna dressing** and mix until combined.

4. Assemble salad

In a bowl, combine **cabbage, carrot** and **pickled ginger**.

5. Serve

In deep bowls, serve **rice, chickpea tuna** and **cabbage salad**. Sprinkle with **seaweed seasoning**.

Eat your way
to healthy!



Chickpeas are high in protein and make an excellent replacement for animal protein in vegetarian and vegan diets. They are also rich in vitamin B9, fibre, iron, phosphorus and polyunsaturated and monounsaturated fatty acids, including linoleic and oleic acids.

Chickpeas have been linked to a variety of health benefits, including better gut flora and digestion, lower levels of 'bad' cholesterol, lower risk of heart disease and colorectal cancer, better blood-sugar control, weight management, bone strength and brain health.

Nutritional information*

	Per 470g serve	Per 100g
Energy	1819kJ (435Cal)	387kJ (93Cal)
Protein	13.4g	2.9g
Fat, total	15.1g	3.2g
- Saturated	2.1g	0.4g
Carbohydrate	58.0g	12.0g
- Sugars	18.0g	4.0g
Sodium	852mg	181mg

* Nutritional information is based on averages