



# Vegan 'Tuna' Salad

## Serves 4

2 ½ cups (400g) chickpeas,  
drained

2 nori sheets

2 tbsp. vegan mayo (or tahini)

2 tbsp. lemon juice

1 cup (175g) sweetcorn,  
drained

1 small onion, finely diced

## What you need to do

1. Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.
2. Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.
3. Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.

GF DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	255	9	35	10

\*Nutrition per serving

