



Vegan Tuna?...Chickpeas :)

**Easy recipe to make delicious vegan tuna - made in 10 min TOPS!
Use the vegan tuna to make a delicious salad, wrap or sandwich.**

The recipe itself is GF. Keep it GF by using GF Vegan bread, which you can find at Superfood or Ling & Sons in the freezer section.





Ingredients

- 1 15 oz. can of Chickpeas**
- 1/4 Cup Red Onion, chopped**
- 1/4 Cup Celery, chopped**
- 2 TSP Capers, chopped**
- 1 TSP Caper Brine (liquid that capers come in, from the jar)**
- 1 0.16 oz Snack Packet of Seaweed, crumbled***
- 1/4 TSP Garlic, granulated**
- 1/2 TSP Mustard (I use whole grain, dijon is also possible)**
- 3 TBL Vegan Mayo***
- Salt & Black Pepper to taste**

*** These seaweed snacks are super delicious and just a great snack whenever. I love adding this to dishes when I am trying to recreate that fishy flavor. The Annie Chun's packets are readily available here on Aruba (look for them at Superfood and Ling & Sons). Use any other brand if desired. The seaweed that comes in these packets is super crunchy, just crumble in your hand and it will be ready to add/use. If you cannot find these snack packets, use 1 nori sheet. Cut the nori as small as possible and add that to the mix. I use scissors to cut up nori sheets, this works great!**

*** I use Hellmann's. In Aruba I buy this at either Superfood or Do It Center Shaba.**





Method

- **In a large bowl, using a fork or potato masher - mash the chickpeas. It does not have to be a smooth mixture.**
- **Add the remainder of the ingredients (red onion, celery, capers, brine, seaweed, garlic, mustard and vegan mayo), mix well and the vegan tuna is ready.**
- **Give it a taste and add salt and black pepper as desired. Personally I find it salty enough with the capers and brine, start with a small pinch of salt and just go from there. Since I am a true Black Pepper girl, I always add a generous amount of freshly grated Black Pepper.**





- **Now that the vegan tuna is ready, the possibilities are endless. Make a salad and add a scoop of the tuna on top or make a wrap with some added veggies.**





- **Or make a delicious sandwich with toasted sourdough bread.**
(Superfood sells great sourdough loafs, be sure to check that the loaf does not contain cream cheese. If this is the case, it will be stated on the label)
To take this sandwich to the next level, toast the bread in a frying pan. First you apply a bit of vegan mayo to each side of the bread and fry em' up until beautifully brown on each side.





- **Assemble your sandwich, add some lettuce, tomato and cucumbers - and enjoy!**

