



**GREEN  
CHEF**

## BBQ RANCH CHICKPEA SANDWICHES

*with melty cheddar & caramelized onion, apple slaw*

### COOK TIME

35 MIN

### SERVINGS

2

### CALORIES PER SERVING

1180

Somewhere along the line, sandwiches were deemed “lunch food only.” That couldn’t be more wrong — in fact, this sophisticated sandwich could not be more dinner-worthy. Here, you’ll be constructing a savory, sweet, and seriously saucy masterpiece that might just change your mind about sandwiches forever. Between toasted ciabatta buns, there’s tangy barbecue sauce, sharp-cheddar-covered chickpea patties, caramelized onion, and herbaceous ranch dressing. On the side, there’s a crisp cabbage slaw with sliced apple and a splash of white balsamic. If you’re feeling really adventurous, try stuffing your sandwiches with some slaw for a bright crunch.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (13 ITEMS)

½ oz **Chia seeds**  
 13 ¼ oz **Garbanzo beans (chickpeas)**  
 1 whole **Yellow onion**  
 1 whole **Gala apple**  
 3 ½ oz **Cabbage**  
 ¼ cup **Breadcrumbs** W  
 1 tbsp **Cornstarch**  
 4 ¼ oz **Mild barbecue sauce**  
 2 tsp **Barbecue spice blend**  
 ¾ oz **White balsamic vinegar**  
 2 whole **Ciabatta breads** W  
 2 oz **Sharp cheddar cheese** M  
 1 ½ oz **Ranch dressing** E M

### WHAT YOU’LL NEED

small sauté pan  
 large nonstick pan with lid  
 baking sheet  
 mixing bowls  
 measuring spoons  
 strainer  
 potato masher  
 oven mitt  
 cooking & olive oils  
 1 tbsp butter M  
 1 tsp sugar  
 salt & pepper

### ALLERGENS

W WHEAT M MILK  
E EGGS

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 PREP

- Preheat oven to 425 degrees.
- Combine **chia seeds** and about 3 tablespoons water in a large bowl. Let soak at least 5 minutes, or until water is absorbed.
- Strain and rinse **garbanzo beans (chickpeas)**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.
- Stand **Gala apple** upright and cut off sides around core; discard core. Slice into wedges, about ¼ inch thick.
- Roughly chop **cabbage**\* if necessary.

*\*The ingredient you received may be a different color.*

## COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

## 2 MAKE MIXTURE &amp; FORM PATTIES

- Add **chickpeas** to bowl with **chia seeds**. Mash with a potato masher (or fork) into a chunky purée. Add **breadcrumbs**, **cornstarch**, and about 1 tablespoon of the **mild barbecue sauce**. Season with **barbecue spice blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to combine. Using a silicone spatula, fold and compress the mixture until cohesive, 1-2 minutes.
- Form **chickpea mixture** into four equal-size balls. Flatten balls into patties, about ½ inch thick.
- Place **patties** on a plate. Transfer to refrigerator. Chill about 5 minutes.

## 3 CARAMELIZE ONION

- Heat about 1 tablespoon cooking oil in a small sauté pan over medium-high heat. Add **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until onion begins to brown, stirring occasionally.
- Reduce heat to medium-low. Add about 2 tablespoons water and 1 tablespoon butter. Cook 5-6 minutes, or until onion is lightly browned, stirring occasionally.
- Remove from heat.

## 4 MAKE SLAW

- Place **apple**, **cabbage**, and 1 teaspoon sugar in a medium bowl. Drizzle with **white balsamic vinegar** and 1 tablespoon olive oil. Season with salt and pepper. Toss to combine.

## 5 TOAST CIABATTA

- Halve **ciabatta breads** horizontally. Place on a foil-lined baking sheet, cut-sides up. Lightly drizzle with olive oil. Lightly season with salt.
- Transfer baking sheet to oven. Toast 3-4 minutes, or until lightly browned.

## 6 COOK PATTIES

- Heat about 1 ½ tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **patties**. Cook 5-6 minutes on each side, or until lightly browned.\*
- Top patties with **sharp cheddar cheese**. Reduce heat to medium low and cover pan with lid. Cook 2-3 minutes, or until cheese melts.

*\*If the pan seems dry while cooking, add another tablespoon of cooking oil.*

## 7 PLATE YOUR DISH

- Divide **bottom buns** between plates. Spread cut sides of bottom buns with about half of the remaining **barbecue sauce**. Top with **chickpea patties**,\* **caramelized onion**, remaining **barbecue sauce**, **ranch dressing**, and **top buns**. Serve **apple slaw** on the side. Enjoy!

*\*You'll have two patties left over. We love them folded into wraps or crumbled over salads.*





## Nutrition Facts

2 Servings per container

**Serving size** (660g)

**Amount per serving**

**Calories** **1180**

	% Daily Value*
<b>Total Fat</b> 56g	72%
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 2290mg	100%
<b>Total Carbohydrate</b> 137mg	50%
Dietary Fiber 18g	64%
Total Sugars 40g	
Includes 3g Added Sugars	6%
<b>Protein</b> 30g	
Vitamin D 0mcg	0%
Calcium 424mg	35%
Iron 9mg	50%
Potassium 702mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Garbanzo Beans (Chickpeas)** [chickpeas, water, salt, ascorbic acid], **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Chia Seeds** [chia seeds], **Cornstarch** [cornstarch], **Barbecue Spice Blend** (Granulated Garlic, Ancho Chili Powder, Sweet Paprika, Dried Mustard, Dried Ginger, Black Pepper), **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Yellow Onion**, **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Ranch Dressing** [canola oil, buttermilk, filtered water, white wine vinegar, egg yolk, cane sugar, salt, corn starch, dried garlic, dried onion, yeast extract, xanthan gum, natural flavor, spices], **Gala Apple**, **Green Cabbage**, **Red Cabbage**, **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes]

### Allergen information:

Contains Milk, Egg And Wheat

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*