



**GREEN
CHEF**

BBQ RANCH CHICKPEA SANDWICHES

cheddar, caramelized onion, apple slaw

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

1110

MENU

VEGETARIAN

Tonight, you'll be constructing a savory, sweet, and seriously saucy masterpiece that might change your mind about sandwiches forever. Between toasted ciabatta buns are cheddar-covered chickpea patties, caramelized onion, tangy barbecue sauce, and herbaceous ranch dressing. On the side is a crisp cabbage slaw with sliced apple and a splash of white balsamic vinegar. If you're feeling really adventurous, try stuffing your sandwiches with some slaw for an added 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**
 13¼ oz **Garbanzo beans (chickpeas)**
 1 whole **Yellow onion**
 1 whole **Gala apple**
 3½ oz **Cabbage**
 ¼ cup **Breadcrumbs** W
 1 tbsp **Cornstarch**
 4 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
 1¾ oz **Greek yogurt-based ranch dressing** 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

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.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 & 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 **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.

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, cut sides up, on a foil-lined baking sheet. Lightly drizzle with olive oil. Lightly season with salt.
- Toast 3–4 minutes, or until lightly browned.

6 COOK PATTIES

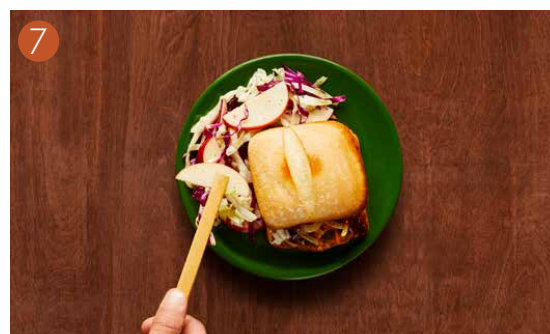
- Heat about 1½ tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **patties**. Cook 5–6 minutes on each side, or until lightly browned.*
- Top patties with **sharp cheddar cheese**. Reduce heat to medium low and cover pan with lid. Cook 2–3 minutes, or until cheese melts.

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

7 PLATE YOUR DISH

- Divide **bottom buns** between plates. Spread cut sides of **bottom buns** with about half the remaining **barbecue sauce**. Top with **chickpea patties***, **caramelized onion**, remaining **barbecue sauce**, **Greek yogurt-based 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 (664g)

Amount per serving

Calories **1110**

	% Daily Value*
Total Fat 48g	62%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1950mg	85%
Total Carbohydrate 132g	48%
Dietary Fiber 18g	64%
Total Sugars 47g	
Includes 2g Added Sugars	4%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 347mg	30%
Iron 7mg	40%
Potassium 916mg	20%

* 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, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Ranch Dressing** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilus, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Sour Cream [cultured cream], Buttermilk [organic cultured lowfat milk, organic nonfat milk, salt, vitamin A palmitate, vitamin D3], Onion Powder, Granulated Garlic, Dried Dill, Black Pepper, Sea Salt, White Wine Vinegar [aged white wine vinegar], Ascorbic Acid [ascorbic acid]), **Gala Apple**, **Green Cabbage**, **Red Cabbage**, **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes]

Allergen information:

Contains Milk 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.