

VEGAN TUNA - CHICKPEAS



Ingredients

- 1 chickpea can, rinsed and drained
- 4 tbsp hummus
- 2 tbsp lemon juice
- 1/2 red onion, diced
- 1/3 cup vegan mayo
- 1 tbsp chia seeds, grounded
- 3 tbsp water
- Optional: salt & pepper to taste

Method

- Rinse and drain chickpeas and then place in a large mixing bowl. Mash until 2/3 mashed.
- Add in all of the remaining ingredients and mix to combine
- Place in fridge and allow to cool before serving

