

Untuna

(2) 15oz cans chickpeas, rinsed and drained
1 shredded carrot
2 stalks celery, finely diced
1/2 small red onion, finely diced
1/4 cup vegenaïse
1 tsp mustard
2 tbsp relish
1/2 tsp salt (+)
1/4 tsp ground black pepper
1 tsp dried dill
1/4 tsp black salt powder (Kala namak)

- 1. Roughly mash the chickpeas in a medium size bowl then add the carrot, celery, onion, salt and pepper and mix well with a fork.**
- 2. Add vegenaïse, mustard, relish and dry spices. Stir to combine well.**
- 3. Taste and adjust seasonings as desired. Enjoy with crackers or on bread!**