



OPEN-FACED BEAN CURRY SALAD SANDWICH

with Apple and Cranberries

VEGGIE



HELLO CELERY

Both it's stems and leaves are used in cooking around the world!

TIME: 30 MIN



Mixed Beans



Dried Cranberries



Mild Curry Powder



Greek Yogurt



Gala Apple



Celery, sliced



Baby Arugula



White Wine Vinegar



Ciabatta Bun



Green Onions

BUST OUT

- Baking Sheet
- Potato Masher
- Measuring Spoons
- Silicone Brush
- Strainer
- Whisk
- Large Bowl
- Salt and Pepper
- Sugar (1 tsp | 2 tsp)
- Olive or Canola Oil

INGREDIENTS

2-person | 4-person

- Mixed Beans 1 can | 2 can
- Dried Cranberries 28 g | 56 g
- Mild Curry Powder 6,9 1 tsp | 2 tsp
- Greek Yogurt 2 100 g | 200 g
- Gala Apple 1 | 2
- Celery, sliced 56 g | 113 g
- Baby Arugula 56 g | 113 g
- White Wine Vinegar 9 1 tbsp | 2 tbsp
- Ciabatta Bun 1 2 | 4
- Green Onions 2 | 4

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat your broiler to **high** (to toast buns). Start prepping when the oven comes up to temperature!



1 PREP

Wash and dry all produce.* Core, then cut **apple(s)** into ½-inch pieces. Roughly chop **arugula**. Thinly slice **green onions**. Drain and rinse **beans**.



3 TOAST BUNS

Halve **ciabatta**. On a baking sheet, arrange **ciabatta halves**, cut-side up. Brush **each half** with **1 tsp oil**. Toast in **middle** of oven, until golden-brown, 3-4 min. (**TIP:** Keep an eye on your ciabatta so that it doesn't burn!)



2 ASSEMBLE SALAD

In a large bowl, whisk together **yogurt**, **1 tsp curry powder** (dbl for 4 ppl), **1 tsp sugar** (dbl for 4 ppl), **1 tbsp vinegar** (dbl for 4 ppl) and **1 tbsp water** (dbl for 4 ppl). Add **beans**. Using a fork or potato masher, coarsely mash **beans**. Add **cranberries**, **celery**, **apple** and **half the green onions**. Season with **salt** and **pepper**, then stir together.



4 FINISH AND SERVE

Divide **ciabatta halves** between plates, then top with **arugula**, **salad** and **remaining green onions**.

SWEET AND SALTY

Creamy yogurt makes the perfect dressing!