



## SCHOOL BREAK RECIPE WITH THE KIDS

### Chick Peas Spread Sandwich

VEGGIE

- 1 bag of Au Pain Doré Brioche Rolls



*Spread: (for 4 serving)*

- 4 rolls
- 1 can of 540ml of chick peas rinsed and drained
- 2 grated carrots
- 1/3 cup plain yogurt
- 1 teaspoon curry
- 1 teaspoon diced onion
- Parsley
- Salt and pepper
- Cherry tomatoes & sprout

#### Preparation :

- Thaw the rolls at room temperature
- Put the chick peas in a bowl. Mash with a fork in a coarse puree.
- Add the carrots, yogurt, curry, onion and parsley. Salt and pepper. Mix well.
- Cut the rolls in two. Garnish the rolls with the spread.
- You can add cherry tomatoes and sprout.
- Serve.

#### Kid's trick:

Our small frozen Brioche rolls are very practical and a perfect size for all kids size sandwich ideas. Always have some on hand!

And that's it, BON APPÉTIT !