

ONE BITE

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Mind- Blowing Vegan Sabich Sandwich

By Amanda Logan

This vegan sabich sandwich is a twist on the traditional Israeli sandwich using white beans instead of egg.

Prep Time 10 minutes

Cook Time 15 minutes

Total Time 25 minutes

Servings 3 servings

Ingredients

- 3 pita bread pockets
- 2 medium firm potatoes peeled and boiled.
- 1 young medium eggplant
- 1/2 cup heaped 1/2 cup canned white beans drained and rinsed well
- 1 tablespoon vegan mayonnaise
- 1/4 teaspoon harissa paste
- 3 whole dill pickles- 1 per pita
- 1/2 cup hummus
- 1/2 cup tabbouleh salad
- 1/4 cup tahini sauce (optional)
- sea salt
- olive oil



Instructions

1. Chop eggplant into 1cm cubes.
2. Heat a small fry pan and a good lug of olive oil.
3. Season the eggplant with sea salt and cook on low-medium heat until slightly creamy but still holding it's shape. Test to make sure they are not still woody. Continue to cook if needed.
4. Remove from the heat and set aside.
5. Slice the boiled potatoes in to 1/2 cm thick slices.
6. In a small mixing bowl combine the white beans, mayonnaise and harissa paste.
7. Slice the dill pickles in to vertical slices around 1/2 cm thick.
8. Lay the pitas out to build the sabich sandwich.
9. Smear a good amount of hummus on to each bread.
10. Cover half the pita with a layer of sliced potato.
11. Lay sliced pickle over the potato using 1 whole pickle per sandwich
12. Spoon 2 tablespoons of white bean mix onto the pickle.
13. Add 2-3 tablespoons of cooked eggplant.
14. Spoon 2 heaped tablespoons of the tabbouleh.
15. Drizzle with tahini sauce (linked recipe in the body of this post). Add more harissa if you like hot.
16. Fold the pita in half and serve.



About the author...

Amanda is the mind behind My Goodness Kitchen, an Australian vegan recipe-developer, content creator, food photographer and published cookbook author. She is also a Mama, wife, renovator and all-around busy person. She lives in the very beautiful Yarra Ranges with her husband, daughter and rescue pups, Walter and Scout. She focuses on creating vegan recipes that are appealing to both plant-based and omnivorous eaters.

[Check out her website.](#)

