VEGAN HAMBURGER



Menù Ingredients

30 g Fiokki - Fiokki Potato Flakes - PC0
400 g. Ceci lessati - Boiled Chickpeas - Z00
40 g Salsa Pizzicosa – Pizzicosa spread - VEH
to taste Mezzoro - XC1
to taste Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

A pinch of ginger
Nutmeg
Fresh chives
Chopped parsley
Salt and pepper
Curry
Salad
Stewed Tropea onion

Chef: Monica Copetti

Gluten Free

Method

Drain well the chickpeas and put them with a trickle of extra virgin oil in the mixer, until an average of solidity mixture is obtained. Put the mixture in a bowl with the rest of the ingredients. Adjust the burger solidity by using the Potato flakes.
Form the hamburger and cook it in a nonstick pan or in an oven at 170°C for 15/20 minutes.
Complete the hamburger adding salad, Mezzoro semi-dried tomato halves and stewed Tropea red onion.
Serve with parsley seasoned potatoes and Pizzicosa sauce.

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