

VEGAN HAMBURGER



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.

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