

## 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 sauce - 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