

# Broccoli quinoa pancake, white beans, olive oil and cilantro dip

Recipe for 4 servings / 12 tapas



## Description

À galette that can also be used to make burgers, a very polyvalent recipe.

## Note

To have a nice creamy sauce, you will need the electrical material we talked about earlier, but if not, every recipe is possible by hand, with a fork for example.

The texture will be different, it not the taste !

## Ingredients

### Galettes

- 300 Gr Broccoli
- 1 Unit(s) Chickpea box 398 ml
- 1 Tsp Onion powder
- 1 Tsp Garlic powder
- 150 Gr Cooked quinoa
- 1 Dash Olive oil
- 1 Tbsp Wholegrain mustard
- 50 Gr Nutritional yeast
- 100 Gr Quinoa flour
  
- Salt and pepper
- Vegetable oil
- Olive oil

### White kidney beans

- 250 Gr Canned white beans
- 1 Unit(s) Lemon juice
- 2 Clove(s) Garlic
- 4 Sprig(s) Fresh cilantro
- 1 Tbsp Sesame seeds
  
- Salt and pepper
- Vegetable oil
- Olive oil

## Preparation

- Preparation time **60 mins**

- Preheat your **oven** at **400 F°**

### Prep

#### **Brocoli**

Cut the stems off the broccoli, and keep them for another recipe. Rinse the heads under cold water, place them in a cooking pot, add half a cup of water, close with a lid.

Start heating up your pot, this method will steam your broccoli, mainly to keep it's beautiful colour. Cook for about 5 minutes. Let cool for 15 minutes.

#### **White kidney beans**

Rinse and strain the beans. Press the lemon juice. Peel and chop the garlic.

Cut the cilantro in small pieces, slightly chopped.

### Galettes

In a mixer, put the broccoli et the chick peas, mix for a couple seconds. Add the cooked quinoa, the mustard and the olive oil, mix again.

Pour everything in a bowl, with a rubber spatula, add the garlic and onion powder, then the quinoa flour, until texture is firm, finish with the nutritional yeast.

Gently mix the the spatula, once a homogenous dough is obtained, leave in fridge for 30 minutes. Then we will give them some taste by searing both sides in hot oil, in a hot pan, for several seconds on each side. Then finish the cooking process in the oven for a couple minutes.

### White kidney bean dip

In a blender, pour all the ingredients of the recipe once transformed.

Add 2 tablespoons of olive oil, mix for a couple seconds, add oil or water if it is too thick to your liking.

Don't forget to season with salt and pepper.

**Bon appétit!**