

Tofu patties, edamame and chickpeas, creamy dill sauce and green onion |

Recipe for 12 Tapas

Description

A tapas to eat with fingertips, a vegetarian world to discover and very surprising.

Note

Be careful with the seasoning, it plays a big part in the success of this recipe.

Ingredients

Patties

- 150 Gr Edamame (soybeans)
- 1 Unit(s) Chickpea box 398 ml
- 225 Gr Tofu firm
- 2 Unit(s) Egg
- 3 Sprig(s) Chopped parsley
- 1 Tbsp Thyme
- 20 Gr Flour
- 50 Gr Japanese breadcrumbs (panko)
- 75 Gr Grated parmesan
- 1 Tsp Curry powder
- 2 Tbsp Olive oil

- Salt and pepper
- Vegetable oil

Sauce

- 80 Ml Mayonnaise
- 60 Ml Sour cream
- 1 Sprig(s) Dill
- 2 Unit(s) Green onion

- Salt and pepper
- Vegetable oil

Garnish

- 12 Sprig(s) Dill

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

Preparation

In boiling salted water, cook the edamame for 2 minutes.

Finely chop the dill, thyme and parsley.

Wash and rinse the chickpeas, drain them afterwards.

Cut the tofu into cubes.

Slice the green onions diagonally (whistles).

Patties

In a food processor, place the tofu and the chickpeas, salt and pepper, then mix to obtain a homogeneous paste.

Add eggs, herbs, flour, curry, breadcrumbs, edamame and Parmesan. Mix for a few seconds.

Remove the dough from the food processor, with your hands, make 12 patties.

In a hot skillet with oil, brown the patties, turn them several times, for about 8 to 10 minutes.

You can put them in the oven before serving them.

Creamy sauce

Mix all the ingredients that make up the smooth cream in a bowl. Make sure you have good seasoning of salt and pepper.

On the plate

Place the galettes on boards, top with a nice spoonful of creamy cream with a few sprigs of dill to finish and a turn of the pepper mill.

Bon appétit!