

Tofu patties, edamame, chickpeas, avocado cream and green onion whistles

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.

You can also replace the traditional flour by a rice flour.

Ingredients

Patties

- 1 Cup(s) Edamame (soybeans)
- 1 Unit(s) Chick peas can (540ml)
- 350 Gr Tofu firm
- 95 Ml Chickpea juice
- 3 Sprig(s) Chopped parsley
- 1 Tbsp Thyme
- 2 Tsp Flour
- 0.50 Cup(s) Japanese breadcrumbs (panko)
- 1 Tsp Curry powder
- 120 Ml Olive oil

Sauce

- 1 Ml Avocado
- 135 Gr Baby spinach
- 4 Sprig(s) Dill
- 2 Unit(s) Green onion
- 1 Unit(s) Lemon juice

Garnish

- 12 Sprig(s) Dill

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 chickpeas (without the juice), season with salt and pepper, and process to a smooth paste.

Add the herbs, flour, curry powder, breadcrumbs, edamame and Parmesan cheese. Mix for a few seconds.

Transfer the dough to a bowl and cover with cling film.

In another bowl, using a whisk, whip the chickpea juice like egg whites, looking for a foamy consistency.

Add the whites to the batter with a spatula.

In a hot frying pan with oil, place balls of the dough (ice cream scoops or tablespoons), applying light pressure if necessary. Turn them several times, for about 5 to 8 minutes.

You can put them in the oven before serving them.

Creamy sauce

Process the avocado cubes, baby spinach and dill in a blender.

Transfer the mix to a bowl, add the green onion whistles, make sure you have the right seasoning

On the plate

Place the patties on a wood board, top with a nice spoonful of cream with a few sprigs of dill to finish and some fresh pepper.

Bon appétit!