

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.

Gallettes

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!