

TEMPEH BALLS

Vegan Chef
Gabriele Bonomi



INGREDIENTS:

300g Tempeh
200g peas
2 medium size potatoes
1 onion
1 tsp smoked paprika
1 tsp turmeric
1 tsp ginger
1 pinch of chilly
salt & pepper

DIRECTION:

Peel and boil the potatoes until cook. Smash and let them cool down. Cut the tempeh into small pieces or grated. You can also use your hands to divide the beans. Add the spices, salt and pepper and leave to marinate for at least 10/15 minutes.

Add the smashed potatoes, peas and the chopped onion. Mix well.

With wet hands, make balls. If the mixture is struggling to stay together, add some chickpea flour.

Bake in the oven at 180°C for 20-25 minutes or fry in oil for about 5 minutes.

VEGAN BEAR CHEF