

Chicken-free nuggets

Create an old-time favourite with this easy-to-make vegan chicken-free nugget recipe...



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Serves 4 (yields 24 nuggets)

Ingredients

- 450g chickpeas, rinsed and drained (or substitute any white beans)
- 400g potatoes, rinsed and drained (or two cups boiled potatoes)
- One and a ½ teaspoons of wheat gluten (optional, for firmer texture and ease of flipping)
- 30g dried breadcrumbs
- One teaspoon dried parsley
- ¾ teaspoon seasoning (or ½ teaspoon rubbed sage)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt (or to taste)
- ¼ teaspoon black pepper (or to taste)
- Four tablespoons olive oil, divided

Dipping sauce: barbecue sauce, tomato sauce, and/or sweet mustard (optional)

Method

1. Mash the chickpeas (or white beans) with the potatoes well, until there are no whole chunks in the mix. (After starting with a potato masher, you can use your hands.)

2. Sprinkle wheat gluten over the mashed chickpea-potato mixture and combine well.
3. Add the breadcrumbs and seasonings, and then mix well. Taste to adjust the seasonings, adding more salt and pepper if needed.
4. Using a plate or cutting board, form the mixture into five-centimetre patties, about one and a ½ centimetres thick. If the mixture feels dry, add water or oil as needed, one tablespoon at a time, just until the patties are easy to form and hold their shape.
5. In a large frying pan, heat two tablespoons of oil over medium to medium-high heat. Fry half the nuggets for about 8 to 10 minutes on each side until they are nicely browned. (Aim for only turning them once or twice.)
6. When the first batch is done, move the patties to a paper-towel-lined plate. Add the remaining two tablespoons of oil to the pan and repeat with the remaining nuggets.
7. Serve with dipping sauce.

Recipe: Tanya Sitton in All Animals Magazine.

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