

Vegan Spicey “Chicken” Patty

Adapted from Recipe On: MonkeyAndMeAdventures.com

Ingredients:

- Base:
 - ½ cup cooked, cold brown rice
 - ½ cup oats
 - 1 15 oz can chickpeas, drained and rinsed
 - 2 TBSP ground flax
 - 1 TBSP soy sauce/liquid aminos
 - 1 TBSP tahini
 - 1 TBSP water
 - 1 TBSP nutritional yeast
- Spice/Herbs:
 - 1 tsp garlic powder
 - 1 tsp onion powder
 - 2 TBSP minced onion flakes
 - ½ tsp smoked paprika
 - ½ tsp cayenne pepper
 - 1 tsp salt
 - ¼ tsp black pepper

Crumb Topping:

- 2 TBSP Panko
- 2 tsp cornmeal
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- Large pinch smoked paprika
- Large pinch cayenne pepper
- 1 tsp nutritional yeast
- 1/8 tsp salt

***Picky eater pleaser: Leave out cayenne and smoked paprika. Add an additional 2 TBSP panko and shape into 12 small patties (nuggets). Bread heavily with the crumb topping. Heat a skillet with oil on medium high heat and lightly fry the nuggets 8-10 minutes each side or until brown and crispy.

Directions:

1. Preheat oven to 375 degrees. Line a baking sheet with parchment or silicone mat.
2. Mix spices together and set aside. Mix crumb toppings and set aside.
3. Place the cold rice and oats into a food processor and process until slightly broken up.
4. Then add all remaining base ingredients and pulse off and on until the ingredients are mixed well. Transfer to a bowl.
5. Sprinkle the spice/herb mix over the top of the patty mixture and mix well using your hands until everything is well combined.
6. Form a large ball, then divide into 4 patties. Pick up each ball with slightly dampened hands and form a smooth ball, then flatten into a patty about ¾ inch thick. Place on baking sheet.
7. Take each patty and place it onto a plate with the crumb topping. Press the crumb mixture slightly onto the patties.
8. Bake for 20 minutes, flip, and bake another 15 minutes.
9. Remove and let set for a few minutes before serving on your favorite bun. Add all the burger toppings.