



FRIKADELLER

Serves 6

❖ Ingredients

- 1 tin of chickpeas
- 200g button mushrooms
- ½ onion
- 2 cloves of garlic
- 2 tablespoons of aquafaba
- 3 tablespoons of chickpea flour
- 1 tablespoon of soya sauce / tamari if you are gluten free
- ½ teaspoon of black pepper
- 1 teaspoon of mustard powder
- ½ teaspoon of thyme

❖ Method

1. Mince garlic and grate the mushrooms
2. On heated oil fry garlic for about 2 minutes and add the mushrooms. Fry until almost all the water has evaporated. Make sure there is still some moisture in mushrooms, as they will keep your frikadeller moist
3. Blend the onion until a fine puree is formed.
4. Pulse chickpeas with 2 tablespoons of aquafaba, ensuring there are still chunks of chickpeas.
5. Mix together all the ingredients: smashed chickpeas, mushrooms with garlic and raw onion puree, add all the remaining ingredients and mix together well
6. Leave in the fridge for approx. 30 min to set the mixture.
7. Heat up the oil. To form frikadeller, scoop up about 2 tablespoons of the mixture, and form it into a slightly flattened, oval meatball
8. Serve hot with potatoes and red cabbage - Rødkål