

# Vegan Köfte

Protein-packed vegan köfte made with chickpeas, vegetables, and aromatic spices. Perfect plant-based main dish for special occasions.

20	120	140	8	Medium
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Vegan Köfte

## Malzemeler

- 1 tbsp olive oil
- 1 onion
- 2 celery stick
- 1 carrot
- 1 cup mushroom
- 3 clove garlic
- 400 g boiled chickpea
- 1 cup breadcrumb
- 1 cup parsley
- 2 tbsp soy sauce
- 1 cup ketchup
- 1 cup barbeque sauce
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp chili flakes
- 1 tbsp Worcestershire sauce

## Yapılışı

- Prepare the aromatics**

Heat 1 tablespoon olive oil in a large skillet over medium heat (180°C/350°F). Add 1 diced onion and cook for 5-6 minutes until softened and translucent, stirring occasionally.
- Add 3 minced garlic cloves to the skillet and cook for 1 minute until fragrant. Remove from heat and let cool for 5 minutes.**
- Prepare the chickpea base**

In a large bowl, mash 400g drained chickpeas with a potato masher or fork until mostly smooth but with some small chunks remaining for texture.
- Make the köfte mixture**

Add the cooled onion and garlic mixture, 1 cup breadcrumbs, 1 cup chopped parsley, 2 tablespoons tomato paste, 1 teaspoon cumin, 1 teaspoon paprika, and 1 teaspoon salt to the mashed chickpeas. Mix thoroughly until well combined.

- 5 Test the mixture consistency by squeezing a handful - it should hold together firmly. If too dry, add 1-2 tablespoons water; if too wet, add more breadcrumbs 1 tablespoon at a time.
- 6 **Shape and chill**  
With slightly damp hands, form the mixture into 16 oval-shaped köfte, about 2 inches long and 1 inch wide. Place on a plate and refrigerate for 15 minutes to firm up.
- 7 **Cook the köfte**  
Heat 1 tablespoon olive oil in a large skillet over medium heat. Cook köfte in batches for 3-4 minutes per side until golden brown and heated through, adding more oil between batches if needed.
- 8 **Serve**  
Transfer to a serving platter and serve immediately while hot with rice, flatbread, or salad.

## ?puçlar?

- Drain chickpeas thoroughly and pat dry with paper towels to prevent excess moisture in the mixture.
- Don't over-process the chickpeas - leaving some texture creates better bite and prevents mushy köfte.
- Chill the mixture for 30 minutes before shaping to make handling easier and help them hold together better.
- Wet your hands slightly when forming the köfte to prevent sticking and create smoother surfaces.
- Toast spices in a dry pan for 1-2 minutes before adding to enhance their flavors significantly.
- Make a small test patty first to check seasoning and adjust salt, spices, or herbs as needed.
- Let köfte rest for 5 minutes after cooking to firm up before serving for best presentation.