

# CHICKPEA “NO-TUNA” PATTIES WITH CREAMY DIJON SAUCE

TIME REQUIRED: 35-40 MINS  
SERVING: 4-6



## INGREDIENTS

- 1 CAN CHICKPEAS, DRAINED
- ¼ CUP ROLLED OATS
- 2 TBSP MINCED CELERY
- 1 TBSP DICED ONION
- 1 TBSP DIJON MUSTARD
- 1 TBSP LEMON JUICE
- 1 TSP DULSE OR KELP FLAKES (FOR SEA FLAVOR, OPTIONAL)
- SALT & PEPPER TO TASTE

## DIJON SAUCE:

- ¼ CUP UNSWEETENED PLAIN YOGURT OR CASHEW CREAM
- 1 TSP DIJON MUSTARD
- 1 TSP LEMON JUICE

## STEPS

- PULSE ALL PATTY INGREDIENTS IN A FOOD PROCESSOR UNTIL CHUNKY.
- FORM INTO 6 PATTIES.
- AIR FRY AT 375°F FOR 10-12 MINUTES OR BAKE AT 400°F FOR 20 MINUTES.
- STIR SAUCE INGREDIENTS TOGETHER AND DRIZZLE OVER TOP.