

Vegan Nuggets and Potato Wedges

Ingredients

- 50 g rolled oats
- 400 g can chickpeas not yet drained
- 1 tsp onion powder
- ½ tsp garlic powder
- ¼ tsp ground cumin
- Pinch of salt and pepper*
- 2 slices of bread



Instructions

1. Preheat the oven to 180C/Gas 5. Line a baking tray with baking paper.
2. Whiz the oats in a blender or food processor until fine.
3. Drain the chickpeas over a bowl, reserving the liquid (aquafaba), then add the chickpeas to the blender or food processor with the blitzed oats, ½ a teaspoon of the onion powder, the garlic powder, cumin, salt and pepper and 5 tbsp of the aquafaba. Whiz until a thick paste - but leaving some chunks for texture.
4. Stir the breadcrumbs with the remaining ½ teaspoon of onion powder and place into a shallow dish.
5. Roll tablespoons of the chickpea mixture into balls, then press into nugget shapes. Dip into the breadcrumbs to coat and place onto the baking tray. Repeat until the mixture is used up.
6. Bake for 20 minutes (they won't darken much) and enjoy!