

QUICK AND EASY VEGAN CHICK'N PIECES

INGREDIENTS

- » [80g Vital Wheat Gluten](#)
- » [30g Chickpea/Gram Flour](#)
- » [2tsp Garlic Powder](#)
- » [2tsp Dried Sage](#)
- » [Generous Pinch of Fine Sea Salt](#)
- » [Generous Pinch of Ground Black Pepper](#)
- » 100ml Warm Water
- » [1 tbsp Sunflower Oil \(for frying\)](#)



METHOD

Mix all the dry ingredients in a mixing bowl and slowly begin to add the warm water. Knead the dough with your hands until you have a firm but springy dough. This should be able to roll around the mixing bowl without sticking to the sides.

Tear off equal-sized chunks from the dough (not too big as they bloat slightly when cooking) and fry them in sunflower oil on medium-high for 4-5 minutes, turning regularly, until browned on all sides. Turn down to a low heat and cover pan for 5-7 minutes.

Once done, throw these chunks into a stir-fry, fajita, or simply add a mix of sweet chilli sauce (2tbsp), tamari (2tsp), and sesame oil (2tsp) for delicious crispy chilli vegan chick'n bites.