

RECIPE



This vibrant and flavorful Vegan Tartar combines the creamy richness of avocado, the delicate texture of hearts of palm, and the zesty kick of lemon juice and pepper sauce. It's a refreshing and nutrient-packed dish perfect as a starter or light meal.

Vegan Tartar

Ingredients

2 servings

For the Tartar

1 cup hearts of palm, diced into ½-inch pieces

½ cup cooked, peeled chickpeas

1 cup avocado, diced into ½-inch pieces

2 Tbsp. red onion, finely minced

1 Tbsp. applesauce

Zest and juice of ½ lemon

¼ tsp. pepper sauce (e.g., Tabasco or your preferred choice)

¾ tsp. salt

1 Tbsp. olive oil

1 Tbsp. green onion, julienned

1/3 cup cilantro, chopped

For Decoration:

1/3 cup fresh cilantro leaves or sprouts

1 Tbsp. hazelnuts, sliced or chopped

Yours to Artful Eating,

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Instructions

In a bowl, combine all ingredients for the tartar, mixing gently to preserve the texture of the avocado and hearts of palm.

Press half of the mixture into a round mold or ramekin, then flip onto a plate to create a neat, circular presentation.

Repeat with the remaining mixture for a second serving.

Decorate with cilantro leaves and sprinkle with hazelnuts for added crunch and a nutty finish.

Health Benefits of this Dish:

- **Heart-Healthy Fats:** Avocado and olive oil provide monounsaturated fats that improve cholesterol levels and support heart health.
- **Supports Digestion:** Chickpeas and red onion are fiber-rich, aiding digestion, gut health, and blood sugar regulation.
- **Rich in Antioxidants:** Cilantro, lemon zest, and green onion reduce inflammation and combat oxidative stress.
- **Immune-Boosting:** Lemon juice and hearts of palm supply vitamin C and essential minerals for immunity and hydration.
- **Protein-Packed:** Chickpeas add plant-based protein, making it filling and ideal for vegan diets.
- **Low-Calorie, Nutrient-Dense:** A light yet satisfying dish for weight management and balanced nutrition.

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