

Veggie Pâté



Made with a blend of wholesome ingredients such as chickpeas, sunflower seeds, carrots, and nutritional yeast, this pâté is a great source of protein, fiber, and essential vitamins and minerals. Perfect for spreading on toast or crackers, or adding to sandwiches and salads!

Preparation 15 min

Cooking 50 min

Servings 8

Nutrition Facts (per serving)

Calories 300

Fat 49

Carbohydrates 32

Fibre 7

Protein 28

Ingredients

- 190 ml ($\frac{3}{4}$ cup) of sunflower seeds
- 65 ml ($\frac{1}{4}$ cup) of sesame seeds
- 125 ml ($\frac{1}{2}$ cup) whole wheat flour
- 125 ml ($\frac{1}{2}$ cup) of nutritional yeast
- 1 small chopped onion
- Juice of a lemon

- 65 ml (¼ cup) of sesame oil (can be replaced by olive oil)
- 315 ml (1 ¼ cup) of hot water
- 15 ml (1 tbsp) soy sauce
- 5 ml (1 tsp) dried herbs (basil, thyme, oregano etc.)
- Salt and pepper to taste

Preparation

1. Preheat the oven to 350 F.
2. In a bowl, mix all the ingredients together.
3. Pour the mixture into a mold of about 20 x 10 cm.
4. Put in the oven for 50 minutes.
5. Let cool for about 1 hour before unmolding.



Guillaume Couture – Founder, President, and Director of Innovation
President | Founder