Green Pea Koopas

Savory, pan-fried green pea & green banana mixture shaped into small, bite-sized "koopas," served with a spicy dipping sauce or as a side to a grain bowl.

Recipe



Difficulty: ●●●○○
Portions: 4
Prep Time: 30 minutes (plus 15 min chilling)

Ingredients:

- 2 cups (approx. 8 oz) Green Garden Delight meat
- 1/4 cup oat flour or chickpea flour
- 2 tbsp nutritional yeast
- Seasoning: Smoked Paprika, Salt, and Black Pepper to taste
- 2 tbsp olive oil, for pan-frying

For Spicy Dipping Sauce:

- 1/4 cup vegan mayo
- 1 tbsp sriracha or other hot sauce (adjust to taste)
- 1 tsp lime juice
- 1 tsp maple syrup or agave nectar
- Pinch of garlic powder
- Finely chopped cilantro or scallions for garnish (optional)



Lets Cook!

Prepare Koopa Mixture:
Combine Green Garden Delight meat, flour, nutritional yeast, and seasoning. Mix well by hand.

Pan-Fry Koopas:
Heat olive oil in skillet over medium heat. Cook koopas 4-6 minutes per side until golden brown.

Shape Koopas:
Roll about 1 tbsp of mixture into a ball, then flatten into a disc/oval. Repeat. (Approx. 16-20 koopas).

Prepare Dipping Sauce:
Whisk all sauce ingredients in a small bowl.

Chill (Optional):
Chill shaped koopas for at least 15 minutes.

Serve: Serve hot koopas with dipping sauce!

Pro Fact:

"Koopa" is a fun, made-up name for these, but small, pan-fried patties or fritters made from vegetables or legumes are a staple in many cuisines around the world, known by names like "tikki" (India) or "bitki" (Eastern Europe).

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Cook It With:

Green Garden Delight

Green Peas & Green Plantain

