3 ingredient Vegan Omelette

Raciones para 2

- ❏ 1 Zucchini/Courgette
- ❏ 50 g Onion
- ❏ 30 g Chickpeas flour
- ❏ Salt and Oil

1. For preparing the mix of our vegan melette, sauté your onions and grate the zucchini in a bowl. Add poached onion, chickpea flour and a pinch of salt.
2. Mix well and let it rest for 30 minutes for the the zucchini to release all the moisture and the flour to be hydrated. (If there is too much liquid we can drain through a sieve).
3. Heat up a nonstick skillet with a drizzle of oil and pour the mixture. Let it cook for about 2 minutes over medium heat and flip it with the help of a spatula. Cook for 2 minutes.
4. Serve this delicious vegan omelette made with only 3 ingredients with a piece of bread and tomato and enjoy!

Chef's Notes

https://cookinglovers.teka.com/en/receta/tortilla-vegana-sin-huevo-con-solo-3-ingredientes/