



## Consejo del chef

You can also cut polenta into bigger pieces and use them as a base for gluten-free bread slices, together with stir-fried veggies, hummus, avocado, or whatever you like.

## Raciones para 4

250g  
Instant polenta  
40g  
Dry tomatoes in oil  
5g  
Dehydrated onion  
750g  
Vegetable broth  
5g  
Salt  
Black pepper  
Fresh chives  
Vegan Parmesan  
Alioli sauce (Spanish garlic mayonnaise)  
Barbecue sauce

- 1 Chop dry tomatoes into small pieces and drain the oil excess with paper towel.
- 2 Put all the ingredients in a pot and bring it to a boil.
- 3 Stir until it thickens constantly. Pour polenta in a greased mould (better if it is a square or rectangular mould). Set aside to cool.
- 4 When cold, remove from the mould and cut into sticks. You can fry them or coat before with more polenta or sesame seeds for a different touch.
- 5 Remove the oil excess by placing the sticks over a piece of paper towel.
- 6 After a few minutes, when they are war, serve with fresh chives, vegan grated Parmesan, and many sauces to dip. Alioli and barbecue sauce combine really well with these sticks.

# Chef's Notes

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<https://cookinglovers.teka.com/en/receta/sticks-de-polenta/>

