

## Recipe: Steak? Ta-ta! | vegan paté

This recipe makes enough for 3-4 people. It comes together in minutes but must rest overnight in the fridge.

All measurements are level, using standardised measuring spoons and cups. Be precise!

### Requirements

- [Standardised measuring cups and spoons](#)
- Large mixing bowl
- A food processor

### Ingredients

- 1 cup walnut halves (90 g)
- A good fistful (25 g) of fresh, flat-leaf parsley
- A good fistful (25 g) of fresh mint
- 1 can black beans (400g, 240g drained), drained, rinsed thoroughly, drained dry again
- 2 cloves raw\* garlic, minced
- ½ tsp smoked paprika
- 1 tbsp soy sauce
- ½ lemon, juice only
- 2 tbsp (70g) tomato puree,  
*AKA tomato concentrate*
- ½ tsp fine sea salt
- ¼ tsp black pepper, freshly ground
- 2 tbsp extra-virgin olive oil

### Instructions

1. Pulse the walnuts in your food processor until you have [an even crumble like this](#), not a fine powder. Add the crumble to a mixing bowl and set aside.
2. Rinse and dry the mint and parsley. Pick off the thickest stalks and chop the leaves finely. Add to the mixing bowl.
3. Add the remaining ingredients and, using your hands or a potato masher, combine everything. As with the walnuts, we want to retain some texture in the beans. We don't want a completely smooth paste.
4. Transfer the mix to a storage container and keep in the fridge overnight or at least several hours. The walnut crumble in the mix should soften as it absorbs some of the juices.
5. Serve in any number of ways! Enjoy as a starter (like in the picture above). Or roll into balls as part of a mezze. Spread it in your sandwiches and wraps. Stuff veggies with it. Put it on pizza. You do you!

### Tips

- \*If you're not a fan of the powerful, peppery pungency of raw garlic, use garlic powder instead, to taste.

Recipe by Ticho's Table ([tichostable.com](https://tichostable.com)) 