



FANIMAL
RECIPES



CHEEZY POLENTA BRUSCHETTA

TOTAL TIME: 60 MIN

- 1/2 cup polenta
- 1/4 cup nutritional yeast
- 5 cups water
- Salt, to taste
- Guacamole (homemade or store-bought)
- 2 Tablespoons mint leaves
- 2 Tablespoons coriander leaves
- 1/4 cup red onion/shallots, chopped very fine
- 1/4 cup tomatoes, chopped very fine
- 2 Tablespoons lemon juice
- Salt, to taste
- 1 pinch ground chili/paprika

Photo Credit: One Green Planet

For Polenta Bruschetta:

- 1 In a saucepan, bring water to boil, slowly add polenta while stirring. Cover and cook until it becomes a thick porridge consistency, then stir in the nutritional yeast and salt.
- 2 Pour into a baking tray lined with aluminum foil and put it into the fridge for 30 minutes until the polenta firms up.
- 3 Use a cookie cutter to cut out the cakes.

For the Mint Salsa

- 4 Mix mint and coriander leaves, red onions, tomatoes, lemon juice, salt and ground chili in a bowl. Let it stand for 10 minutes.

To Serve

- 5 Heat up the polenta bruschetta - pan roast them for 30 seconds on each side, then add guacamole and salsa on top. Serve.

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