



HUMMUS, EGG-FREE MAYONNAISE, PARTY CHICKEN TENDERS AND EGG-FREE MERINGUES BY JANE RANGIWAHIA

HUMMUS

MAKES:

1 Cup

INGREDIENTS:

1 390g can of chickpeas

1 Tbsp. tahini (optional)

1 garlic clove

¼ cup olive oil

Juice of a lemon

METHOD:

Drain the chickpeas, reserve the water (aquafaba) in a bowl and set aside 12 chickpeas (for the egg free mayo).

Place all hummus ingredients in a blender or food processor.

Blend till smooth, season to taste with salt and pepper.

Place into a bowl, lightly drizzle with olive oil and serve with crudities such as carrot, capsicum, cucumber, cherry tomatoes and celery.



EGG-FREE MAYONNAISE

MAKES:

1 Cup

INGREDIENTS:

12 chickpeas

2 Tbsp. Dijon mustard

a squeeze of a lemon juice

1 clove garlic

3 Tbsp. chickpea water (aquafaba)

½ cup vegetable oil

¼ cup olive oil

METHOD:

In a blender or food processor place the garlic, lemon juice, Dijon mustard, chickpea water (aquafaba) and chickpeas, blend until smooth.

Slowly drizzle the vegetable oil into the blender in a thin stream, then the olive oil until you reach a smooth creamy consistency.

Season to taste with salt and pepper.



PARTY CHICKEN TENDERS

INGREDIENTS:

2 chicken breasts

½ cup of **egg-free mayonnaise (recipe above)**

150 gram bag of Gluten and Nut Free Corn Chips (I used GoNuts)

METHOD:

Heat the oven to 180° fan bake and line an oven tray with baking paper.

Cut the chicken into strips (about 2cm wide and 10cm long).

Coat the chicken slices with mayo.

Put the corn chips into a food processor and blend into a fine crumb; transfer the crumbs to another bowl.

Roll the mayo coated chicken through the corn chip crumb then place the chicken strips onto prepared oven tray.

Place the chicken in the oven and cook for 20 minutes.

Serve with remaining **Egg Free Mayonnaise** as a dip.



EGG-FREE MERINGUES

MAKES:

1 Cup

INGREDIENTS:

½ cup aquafaba (chickpea water)

¾ cup caster sugar

1 tsp vanilla extract

METHOD:

Preheat oven to 100° and line two baking trays with baking paper.

Place the aquafaba into a mixing bowl and whisk with an electric beater until stiff peaks form.

While still whisking; add the caster sugar slowly till all combined and sugar is dissolved.

Add the vanilla extract and whisk again till combined.

Either use a piping bag with a fitted nozzle and pipe meringues onto the lined tray or dollop teaspoons of the mixture onto the tray.

Place trays in oven and bake for an hour.

When meringues are cooked turn off the heat and leave in the oven for another half an hour.

Serve the meringues with whipped coconut cream and blueberries



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