



VEGAN PRUNE HOT DOGS with a FENNEL and APPLE SLAW

by Peter Sidwell

Flavourful, textured, and delicious – these Vegan Prune Hot Dogs are ideal to share and are sure to be a hit! This contemporary take on a classic dish doesn't compromise on taste and is a great way to incorporate more plant-based meals into your week.

Prep Time: 10-15 minutes
Cook Time: 5-10 minutes
Serves: 12-16

Ingredients:

- 1 tbs Olive Oil
- 1 Red Onion, sliced fine
- 3 Garlic Cloves, minced
- 1 Red Pepper, deseeded & cut small
- 1 Portobello Mushroom, chopped fine
- 3 tbs Paprika
- 10 California Prunes
- 2 tbs Fresh thyme
- 2 Sprigs Rosemary
- 1 tin Red Kidney Beans, drained, rinsed & pat dry
- 1 tin Cannellini Beans, drained, rinsed & pat dry
- 5 tbs Plain flour
- 3 tbs Crushed Walnuts
- 2 tsp Sea Salt
- 2 tsp Cracked Black Pepper

For the slaw

- 1 bulb of Fennel
- 2 Granny Smith style Apples
- 1/2 Lemon
- 3 tbs Olive Oil

Here's How:

1. Sweat the onion, pepper, California Prunes, mushroom, garlic, herbs & spices over a medium heat.
2. Add the beans to a mixing bowl with the flour & walnuts and mash up with your hands.
3. Once the onion mix has softened add it to the mixing bowl and leave to cool.





4. Using a masher, mash the mix until it just starts to come together.
5. Don't over mash the mix, (you want some texture).
6. Place the sausage mix into a piping bag, then pipe into sausages.
7. You can bake the sausages or pan fry them in a little olive oil for 5-10 minutes until golden and crisp.
8. Serve in hot dog rolls with the slaw.

For the Slaw

1. Meanwhile, slice the fennel and apple as thinly as possible, then place in a mixing bowl with the lemon juice and olive oil.
2. Mix the slaw together add put to one side until the sausages are ready.

Link to Website: <https://www.californiaprunes.net/california-prunes-recipes/vegan-prune-hot-dogs>