

Garlic Chili Roasted Oat Patties - A Spicy, Crispy Plant-Based Delight

Garlic Chili Roasted Oat Patties: A Spicy, Crunchy Vegetarian Favorite



OVEN
375°F

TIME
30 min

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INGREDIENTS

1 cup rolled oats
1/2 cup breadcrumbs
1/2 cup grated carrots
1/4 cup chopped cilantro
2 cloves garlic, minced
1 teaspoon chili powder
1/2 teaspoon cumin
Salt and pepper to taste
2 tablespoons olive oil

Swaps and Notes:

Breadcrumbs: Use panko for extra crunch, or almond flour for a gluten-free option.

Carrots: Finely chopped bell pepper or zucchini can be substituted.

Spice: For extra heat, add a pinch of cayenne or a dash of hot sauce.

Cilantro: Swap with parsley if preferred.

Step-by-Step Instructions:

Prep Your Oven: Preheat to 375°F (190°C) and line a baking sheet with parchment paper.

Mix Ingredients: In a large bowl, combine oats, breadcrumbs, grated carrots, cilantro, garlic, chili powder, cumin, salt, and pepper.

Add Oil: Drizzle in olive oil and mix thoroughly until the mixture holds together.

Shape Patties: Form into 4 equal-sized patties and place them on the prepared sheet.

Bake: Roast for 25-30 minutes, flipping halfway, until golden and crispy.

Serve: Enjoy hot with dipping sauce or inside a burger bun.

Tips for Success:

Use a food processor for quick mixing and uniform texture.

If the mixture is too dry, add a tablespoon of water or broth.

Chill the patties for 10 minutes before baking to help them hold shape.

Serving Suggestions & Pairings:

In a Burger: Serve on a toasted bun with avocado, slaw, and sriracha mayo.

Over Salad: Crumble over greens with a lemon vinaigrette.

With Sides: Try with a bowl of This Tomato Skillet with Okra and Sausage for a spicy-southern fusion plate.

Storage & Leftover Tips:

Fridge: Store in an airtight container for up to 3 days.

Freezer: Freeze between parchment layers for up to 2 months. Reheat in the oven for best texture.

Meal Prep: Make a double batch and freeze half for easy future dinners.

More Recipes You'll Love:

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DIRECTIONS

- 1.** **Prep :** Your Oven: Preheat to 375°F (190°C) and line a baking sheet with parchment paper.
- 2.** **Mix :** Ingredients: In a large bowl, combine oats, breadcrumbs, grated carrots, cilantro, garlic, chili powder, cumin, salt, and pepper.
- 3.** **Add :** Oil: Drizzle in olive oil and mix thoroughly until the mixture holds together.
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- 8.** If the mixture is too dry, add a tablespoon of water or broth.
- 9.** Chill the patties for 10 minutes before baking to help them hold shape.
- 10.** **Serving Suggestions & Pairings:** These patties shine in so many ways:
- 11.** **In a :** Burger: Serve on a toasted bun with avocado, slaw, and sriracha mayo.
- 12.** **Over :** Salad: Crumble over greens with a lemon vinaigrette.
- 13.** **With :** Sides: Try with a bowl of This Tomato Skillet with Okra and Sausage for a spicy-southern fusion plate.
- 14.** **For drinks,** pair with a chilled : Blueberry Lemonade or a zesty Classic Margarita to round things out.

15. **Storage & Leftover Tips:** Fridge: Store in an airtight container for up to 3 days.
16. **Freezer:** Freeze between parchment layers for up to 2 months. Reheat in the oven for best texture.
17. **Meal :** Prep: Make a double batch and freeze half for easy future dinners.
18. **More Recipes You'll Love:** If you enjoyed this, check out these other flavorful favorites:
19. **These :** Easy Turkey Wings Are My Favorite Comfort Food for Lazy Sundays
20. **This :** Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort
21. **This :** Tomato Skillet with Okra and Sausage Is My Favorite Quick Dinner Packed with Southern Flavor
22. **Final Thoughts:** These Garlic Chili Roasted Oat Patties prove that meatless meals can be exciting, filling, and bursting with flavor. Try them for your next weeknight dinner or make a batch for meal prep-you won't regret it.
23. If you made this recipe, I'd love to hear your thoughts! Leave a comment or tag @ChefManiac on social media. Hungry for more? Follow along for fresh, crave-worthy recipes every week.

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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