

# Vegan Pâté Chaud (Vietnamese Meat Pastries)

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-pate-sauce-recipe>

## Ingredients:

- 10 ounces firm tofu
- 1 small carrot shredded and cut into 1/2-inch pieces
- 1/2 cup paté vegan
- 1/2 onion finely diced
- 2 cloves garlic minced
- 2 tablespoons green onions chopped
- 2 tablespoons chopped cilantro
- 1/2 teaspoon ground black pepper adjust to taste
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 3/4 teaspoon fish sauce vegan, optional, add more salt if not using
- 3 sheets puff pastries adjust depending on the size of your pastries

## Nutrition:

1. Calories: 1220 calories
2. Carbohydrate: 91 grams
3. Cholesterol: 65 milligrams
4. Fat: 84 grams
5. Fiber: 6 grams
6. Protein: 28 grams
7. SaturatedFat: 22 grams
8. Sodium: 1040 milligrams
9. Sugar: 4 grams

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