

CHICKPEA BURGERS



PREP & COOK TIME

40m



SERVES

6

INGREDIENTS

- 2 x 400g cans chickpeas, drained and rinsed
- 3/4 cup low-fat natural or Greek yoghurt
- 2 tbs curry powder
- 1 egg
- 1 cup breadcrumbs
- 3 spring onions, finely chopped
- 1 tsp ground coriander
- Olive or canola oil spray
- 1 tomato, sliced
- 1/2 cucumber, sliced
- 6 leaves lettuce
- 6 slices canned beetroot slice
- 6 wholemeal/wholegrain rolls



METHOD

1. Mash chickpeas with a fork or in a food processor until roughly chopped
2. Add yoghurt, curry powder, egg, breadcrumbs, spring onions and coriander to the chickpeas. Season with pepper, stir until well-combined.
3. Roll 4 tablespoons of mixture into balls, then flatten to make patties
4. Cut buns in half
5. Turn frypan onto medium heat and spray with oil. Cook patties for 4-5 minutes on each side until golden
6. Serve in a bun, with tomato, cucumber, beetroot and lettuce