



# CHICK PEA BURGER

A healthy and vegetarian alternative to the classic burger!



NORMAL



15 MINS



10 MINS



6

## Ingredients

- Edgell Chickpeas 400g
- 1 tsp crushed garlic
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1 grated carrot
- 1 grated zucchini
- 1/2 diced red onion
- 1 egg
- 2 tbsp plain flour
- 1 tsp olive oil

## Instructions

1. Drain and rinse the chickpeas and put them into a food processor with garlic and spices and process to a rough paste.
2. Add the carrot, zucchini, red onion, egg and flour, process again until mixed.
3. Divide the mixture into 6 patties.
4. Heat in a frying pan with olive oil for 3 minutes on each side or until golden.
5. Serve on rolls with lettuce, cucumber and tomato with your favourite condiment, or with a side salad.