

Healthy Burgers (veggie)

Serving size: Serves 6

Preparation/Cooking time: Less than 60 minutes

INGREDIENTS

1 can chickpeas, drained and rinsed
4 cups variety grated vegetables (sweet potato, zucchini, potato, onion, carrot)
1 egg, lightly beaten
1 cup bread crumbs (dry, not fresh)
1 clove garlic, crushed
1/3 cup coriander, roughly chopped (cilantro to US and Canadians)
1/3 cup sesame seeds, toasted
1 tablespoon curry powder
salt and pepper
olive oil

METHOD

In a large bowl roughly mash chickpeas, add remaining ingredients; mix well. Sit for 20 minutes and mix again (this will allow flavours to develop and the breadcrumbs to take up the moisture).

Form mixture into round patties. Heat a flat frying pan, brush with a little oil and cook patties on both sides until golden brown.

Serve in Turkish bun (roll) with humus, tomato, rocket and sweet chilli sauce.