

Chickpea Burgers

Inspired by Jamie Oliver's Best Vegan Burger and **Twisted** by Shawna B. Thanks for sharing.

Ingredients

- 2 x 400 g tins of chickpeas
- 1 x 340 g tin of sweetcorn
- ½ a bunch of fresh coriander
- ½ teaspoon paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 1 lemon , zest of
- 1 egg
- 3 heaped tablespoons breadcrumbs or (*rolled oats*) or plain flour
- sea salt
- oil (of choice)
- 1 small round lettuce, 2 large ripe tomatoes
- Ketchup /**burger toppings**
- burger buns

Shawna also puts in some flax meal and sometimes garlic and a bit of turmeric

Directions

Drain and place the chickpeas and sweetcorn into a food processor. Pick the coriander leaves, then add half to the processor along with all of the stalks. Add the spices, lemon zest, flour and a pinch of salt, then pulse until combined, but not smooth – you want to retain a bit of texture.

On a flour-dusted surface, divide and shape the mixture into equally sized patties (roughly 2cm thick). Pop onto a tray and place in the fridge for around 30 minutes to firm up.

Heat a splash of oil in a large frying pan over a medium heat. Once hot, add the patties and cook for around 10 minutes, or until golden and cooked through, turning halfway.

Meanwhile, click off, wash and spin-dry nice lettuce leaves(one per burger), then finely slice the tomatoes horizontally.

Squeeze a large dollop of ketchup/**burger toppings** onto the base of each bun (toast them if you like), then top with the burgers. Layer over a couple of slices of tomato, a lettuce leaf, a few coriander leaves and finally the burger tops.

Shawna often serves with a garlic Aioli on a bed of lettuce **Enjoy!** 😊

😊 Remember this is just a guideline please play with the spices to create something you like.