

Chickpea and Tuna Burgers

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These yummy tuna and chickpea burgers are full of spice - but they use loads of simple storecupboard ingredients, making them a cinch to make and prepare. Serve in floury rolls with a big green salad.

Ingredients:

2 x 400g tins cooked chickpeas, drained and rinsed
1 x 400g tin tuna in brine, drained and boned
Handful fresh coriander, chopped
1 small onion
1 garlic clove
2 tbsp. plain flour
2 tbsp. lemon juice
1 tsp. cumin seeds
1/2 tsp. crushed dried chilli
Salt and pepper to taste

Directions:

1. Place the chickpeas in a food processor and blitz for a few seconds until just softened so they still have texture.
2. Finely dice the onion and mince the garlic clove. Combine the chickpeas, tuna, coriander, onion, garlic, flour, lemon juice, cumin seeds, dried chilli and salt and pepper in a bowl. Once combined, form into 12 patties.
3. Fry the patties on either side in a little oil until golden brown and warmed through.

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