

Chickpea Burgers

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These easy chickpea burgers are a great dish to prepare for any vegetarians coming over for dinner or for a BBQ, but they're also great to serve as a quick lunch or sinner. Serve them on fluffy white rolls with all the trimmings - onion, tomato, mayo, lettuce - whatever you like.

Ingredients:

1 1/2 400g tin chickpeas
1 onion, chopped
75g dried breadcrumbs
2 eggs
Salt and pepper
1 tsp. smoked paprika
1 tsp. dried chilli flakes
1 tsp. dried herbs

Directions:

1. Drain and rinse the chickpeas, then working in batches, put all ingredients into a food processor apart from the eggs and breadcrumbs and blitz until smooth.
2. Stir in the eggs and breadcrumbs, then form the mixture into small patties. Put into the fridge for an hour.
3. To cook, heat some oil in a frying pan and fry the burgers until golden brown on each side.

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