Posted on 22 March 2017

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Chickpea, Chilli and Coriander Burgers

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Ingredients

1 small carrot
1 red chilli
1 clove of garlic
1 small red onion
400g can of chickpeas
1 lemon
1 teaspoon of ground cumin
A small bunch of fresh coriander
1 large egg
Salt and black pepper
2 large thick slices of day old wholemeal bread [about 150g]
A handful of fresh parsley
Olive oil
4 wholemeal pitta breads
Salad: mixed baby salad leaves, a quarter of a cucumber and 4 tomatoes
For the sauce:
6 heaped tablespoons of thick Greek yoghurt
A handful of fresh mint
A quarter of a cucumber
1 clove of garlic
Black pepper

Servings
4
Person

Preparation

1. Peel and grate the carrot, deseed and finely chop the chilli, peel the garlic then peel and finely chop the red onion.
2. Drain and rinse the chickpeas and tip into a food processor. Add the grated carrot, chilli, crushed garlic and cumin. Chop and add the coriander and then the finely grated zest and half the juice of the lemon. Beat then add the egg, season with salt and black pepper and blitz briefly a few times, scraping the sides to make sure that everything is well mixed in.
3. Roughly tear up the bread and place in a small food processor, then turn into breadcrumbs. Tip half of the breadcrumbs, the finely chopped red onion and the chickpea mixture into a large bowl and mix well together.
4. Finely chop the parsley, mix with the remaining breadcrumbs and tip into a shallow bowl. Take a heaped tablespoon of the burger mixture, shape it into a small patty with floured hands then coat in the parsley breadcrumbs. Place on a plate and repeat until all the mixture has been used
5. I made about 12 small patties. Leave to chill in the fridge whilst you make the sauce.
6. Finely chop the mint leaves and then peel and finely chop the cucumber and the garlic. Spoon the yoghurt into a small bowl, add the mint, cucumber, garlic and a little black pepper, then mix well together. Leave in the fridge to chill.
7. Preheat the oven to 200 degrees, 180 degrees fan oven. Lightly brush an oven tray with olive oil and place in the oven to warm.
8. Heat 1-2 tablespoons of olive oil in a large frying pan and quickly fry the patties to brown them, just for 1-2 minutes on each side, then lift them onto the prepared oven tray. [You will probably need to do this in 2 batches, adding a little more oil for the second batch.] Bake for about 20 minutes, or until heated right through and golden brown.

9 Meanwhile, prepare the salad

10 wash and pat dry the leaves, thinly slice the cucumber and slice the tomatoes.

11 Split a pitta bread for each person then fill with salad and 2-3 hot burgers. Serve with an individual dish of yoghurt sauce with cucumber and mint, and one of chilli sauce.

Cooks Note

The whole family can enjoy this simple but really tasty meat-free meal, lightly spicy patties that are nutritious, low in fat and high in fibre. I think they taste so much better than the usual supermarket vegeburgers; you don't need to be vegetarian to enjoy them!

Serve, as I did, in a sliced wholemeal pitta bread, or use to fill flatbreads or burger buns. Or maybe serve with crunchy potato wedges, roast Mediterranean vegetables or just a simple salad. I like to make a fresh mint and cucumber yoghurt sauce to accompany the burgers, with sweet chilli sauce on the side.

Serves 4-5