



CHICKPEA & LENTIL BURGERS

MAKES: 12 BURGERS.
SEASON: ALL.

Explore flavour combinations by adding different spices and fresh herbs to this recipe. Serve with a leafy salad.

INGREDIENTS

- ☐ 1 x 400g tin chickpeas (no added salt), drained
- ☐ 1 x 400g tin brown lentils (no added salt), drained
- ☐ 1 carrot, grated
- ☐ 1 onion, peeled and finely chopped
- ☐ 2 garlic cloves, peeled and finely chopped
- ☐ 1 bunch of parsley, finely chopped
- ☐ 1 egg
- ☐ 2 tsp ground cumin
- ☐ 2 tsp ground coriander
- ☐ 1 cup polenta or breadcrumbs
- ☐ 2 tbsp olive oil, for shallow frying

EQUIPMENT

- ☐ measuring cup and spoons
- ☐ chopping board
- ☐ cook's knife
- ☐ grater
- ☐ wooden spoon
- ☐ food processor
- ☐ large bowl
- ☐ 2 plates
- ☐ 2 large frying pans
- ☐ baking tray
- ☐ baking paper
- ☐ egg flip

WHAT TO DO

1. Preheat the oven to 180°C.
2. Combine all ingredients in the large bowl except the polenta or breadcrumbs and olive oil.
3. Mix well, then place three-quarters of the mixture into the food processor and pulse to a thick paste.
4. Combine the mixture from the food processor with the non-processed portion and mash them together with your hands.
5. Scatter the polenta or breadcrumbs over a plate.
6. Divide mixture into 12 burger patties.
7. Roll each patty in the polenta or breadcrumbs to coat.
8. Heat the large frying pans, each with half the olive oil, over medium heat.
9. Cook the patties until golden, then place on a baking tray lined with baking paper.
10. Bake the patties in the oven for 10 minutes to cook through.
11. Serve with loads of salad, with or without a bun.
12. Season to taste (optional).