



Catriona McMorris

CHICKPEA BURGERS



INGREDIENTS:

- 1 x tin drained chickpeas
- 2 slices of brown bread blended into breadcrumbs
- 2 x eggs beaten
- Seasalt , Black Pepper
- 1 tbsp of curry powder

METHOD

- Mash all ingredients together in a bowl
- Make into 4-6 patties
- Cook for 5-10 minutes either side. I used cookie cutters on a heated pan (with olive oil) . using a spatula, I carefully browned on either side and then transferred under the grill and finished for 2 minutes on either side

OPTION

- Serve in a wholemeal bun with salad of your choice , grated hard cheese of your choice (optional)
- Serve alone with a large side salad and / or homemade wedges
- Add: wholegrain mustard, low fat mayonnaise or make your own tahini sauce (see below)



TAHINI SAUCE

- 3 tbsp natural yogurt
- 1 tsp tahini
- 1tsp Dijon mustard
- (Mix well and serve!)