



The best vegan burger

CHICKPEAS, SWEETCORN, HERBS & SPICES



SERVES: 4

COOKS IN: 30 MINUTES PLUS CHILLING

DIFFICULTY: SUPER EASY

Ingredients

1 x 400 g tin of chickpeas
 1 x 340 g tin of sweetcorn
 ½ a bunch of fresh coriander
 ½ teaspoon paprika
 ½ teaspoon ground coriander
 ½ teaspoon ground cumin
 1 lemon
 3 heaped tablespoons plain flour , plus extra for dusting
 rapeseed oil
 1 small round lettuce
 2 large ripe tomatoes
 tomato ketchup
 4 wholemeal burger buns

Method

1. Drain the chickpeas and sweetcorn, then tip into a food processor. Pick the coriander leaves, adding half the leaves and all the stalks to the processor.
2. Add the spices, flour and a pinch of sea salt, finely grate in the lemon zest, then pulse until combined, but not smooth – you want to retain a bit of texture.
3. On a flour-dusted surface, divide and shape the mixture into 4 equal-sized patties, roughly 2cm thick. Place in the fridge for 30 minutes to firm up.
4. Heat a splash of oil in a large frying pan over a medium heat, add the patties and cook for 10 minutes, or until golden and cooked through, turning halfway.
5. Meanwhile, click off, wash and spin-dry four nice lettuce leaves, then finely slice the tomatoes horizontally.
6. Squeeze a large dollop of ketchup onto the base of each bun (toast them if you like), then top with the burgers. Layer over a couple of slices of tomato, a lettuce leaf, a few coriander leaves and finally the burger tops. Delicious served with a fresh green salad.

NUTRITION PER SERVING

Calories	Fat	Saturates	Protein	Carbs	Sugars	Salt	Fibre
417	71g	1g	18.1g	74.6g	6.1g	1.3g	11.7g
21%	10%	5%	40%	29%	7%	22%	-

OF AN ADULT'S REFERENCE INTAKE