

 Print

# Spicy Chickpea Veggie Burgers with Jalapeño and Zucchini



Spicy chickpea veggie burgers with jalapeño and zucchini, topped with a tasty honey-lime slaw and fiery Sriracha mayo. These are my tastiest veggie burgers yet!

|                   |                               |
|-------------------|-------------------------------|
| <b>Course</b>     | Main Course                   |
| <b>Cuisine</b>    | American                      |
| <b>Keyword</b>    | Spicy Chickpea Veggie Burgers |
| <b>Prep Time</b>  | 15 minutes                    |
| <b>Cook Time</b>  | 10 minutes                    |
| <b>Total Time</b> | 25 minutes                    |
| <b>Servings</b>   | 4 servings                    |
| <b>Calories</b>   | 147 kcal                      |

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## Ingredients

### FOR THE BURGERS:

- 1.5 cup old-fashioned rolled oats (not instant)
- 15 oz canned chickpeas drained + rinsed
- 1/3 cup finely diced bell pepper (any color)
- 1 jalapeño pepper
- 1 cup grated zucchini
- 1-2 TBSP green onion (white + green portions)
- 1/2 TBSP avocado oil
- 1/2 tsp garlic powder
- 1/2 tsp red pepper flakes
- 1/4 tsp dried oregano
- 1/4 tsp salt
- 1 large egg
- 4 onion roll buns see post for GF swaps
- leafy green lettuce of choice for topping

### FOR THE SLAW:

- 1 heaping cup cabbage finely chopped/shredded
- 1/2 a fresh jalapeño sliced thin (optional)
- 1/2 TBSP honey
- 1/2 TBSP avocado oil
- juice of 1 lime or to taste
- a pinch of salt
- fresh cilantro optional + to taste

### FOR THE SRIRACHA AIOLI:

- 1/3 cup quality mayo
- 1 tsp fresh lime juice
- 1-2 TBSP Sriracha or to taste
- 1/8-1/4 tsp garlic powder

## Instructions

1. Combine ingredients for the aioli and whisk. Set aside.
2. For the slaw, combine all ingredients and adjust to taste. Set aside.

3. Combine oats and chickpeas in food processor and pulse a few times to roughly chop the chickpeas and oats. Mixture should look chopped but not be paste-like or wet/mushy.
4. Set aside and grab those veggies!
5. Remove the stem from the jalapeño. For spicier burgers, leave the veins and seeds intact. For less spicy burgers remove half or all of the veins/seeds. I left half intact and removed the rest for burgers with a spicy kick and lots of flavor!
6. If you haven't already, grate the zucchini using the coarse side of a box grater and wrap in a paper towel. Squeeze out excess moisture and set aside.
7. Sauté bell pepper, jalapeño, zucchini and green onion in avocado oil until peppers are tender.
8. Season with garlic powder, red pepper flakes, oregano, and salt.
9. Add the freshly sauteed veggies to your bean mixture, then add your egg.
10. Stir to fully incorporate and roll mixture into four balls.
11. To shape your burgers, cup each ball in your hands and squeeze tightly, rotating as you gently, but firmly, press it into a disc using your thumb. I like mine on the thinner side so middles cook all the way through, but not so thin that they won't hold their shape.
12. To help the burgers set, cover and refrigerate as you prep your buns or (lettuce wraps!) and toppings. This will give them a little while to set. You can even leave them overnight and cook them up the following day. I often make one after 15-30 minutes of chill time and cook up the rest the following day.

#### READY TO EAT?

1. Pour a tablespoon or two of oil in a skillet and heat to medium-high, so the burgers sizzle when you add them to the pan!
2. Cook for a few minutes on each side until you're left with a golden crust and a warm center. Repeat for each burger, or cook two at once if you have a big enough pan! I'd skip crowding all four together just because they're a pain to flip when all up in each other's business.
3. A tip for perfectly shaped veggie burgers: While sizzling away in the skillet, I nudge the burgers with the backside of my spatula to gently help form the sides into a perfect disc. Works like a charm!
4. Slather your buns with sriracha mayo, pile them high with lettuce, and top each burger with honey-lime slaw or your favorite toppings. Enjoy!

#### Recipe Notes

Have some red onion handy? Feel free to slice it thin + add to the slaw!

**FREEZER INSTRUCTIONS:** Simply cook the burgers via instructions above, allow to cool a bit, and then freeze (spaced) on a plate or cookie sheet. Once they've had a chance to partially freeze you can wrap them individually and pile them in baggies or your favorite airtight container for fast food without the freaky ingredients. To re-heat, simply pop on a baking sheet in the oven for about 18-20 minutes at 400 F. Enjoy!

Nutrition stats estimated below are for the patties by themselves, since everyone adds different buns/toppings/etc... Adjust as needed.

## Nutrition Facts

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| Amount Per Serving (1 patty) |                               |
|------------------------------|-------------------------------|
| <b>Calories</b>              | 147      Calories from Fat 36 |
| <b>% Daily Value*</b>        |                               |
| <b>Fat</b> 4g                | 6%                            |
| <b>Carbohydrates</b> 21g     | 7%                            |
| <b>Protein</b> 7g            | 14%                           |

\* Percent Daily Values are based on a 2000 calorie diet.

Recipe by Peas and Crayons - Spicy Chickpea Veggie Burgers with Jalapeño and Zucchini  
<https://peasandcrayons.com/2016/05/spicy-chickpea-veggie-burgers-jalapeno-zucchini-recipe.html>