

CHICKPEA VEGAN BURGER



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
266 kcals
29g Carbs
10g Fats
10g Protein

INGREDIENTS:

- 1 can chick peas(240g), drained and mashed
- 1 medium red onion, thinly chopped
- 1 cup oats, I use gluten free
- 1 zucchini, grated
- 2 tbsp nut butter, like almond, peanut, cashew
- 3 tbsp red wine vinegar
- 3 tbsp. Sriracha chili sauce
- 1 tsp garlic powder
- 1 tsp ground cumin
- 2 handfuls coriander, chopped
- 1 tbsp coconut oil salt & pepper, to taste

PREPARATION:

Simply mix all the ingredients(apart from coconut oil) to get her, until a batter has been formed.

Divide the mixture into 4 and form burgers. Wet your hands for each burger, this will allow them to form perfectly shaped burgers.

Heat half the coconut oil in a large pan and fry the buyers 3- 5 mins each side, until browned. Add the other half of the coconut oil when you flip the burgers over.

Serve imminently with a side salad or in a toasted bun, or store in the fridge for up to 4 days. our in the dressing and mix well.

Divide the salad mix between 3 portions and do the same with the lentils, butter nut squash and vegan cheese.

Serve on its own or in a bun.

