CHICKPEA & VEGIE BURGERS

For a brilliant lunch idea try these healthy chickpea and vegie burgers.

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INGREDIENTS

* 400g can chickpeas, drained, rinsed
* 1 small (70g) carrot, peeled, grated
* 2/3 cup wholegrain breadcrumbs (preferably gluten free)
* 2 eggs, lightly beaten
* 2 teaspoons olive oil
* 4 round wholegrain rolls, halved crossways (preferably gluten free)
* 8 green oak lettuce leaves
* 4 slices canned beetroot, drained (BPA-free can where possible)
* 1 large (220g) tomato, sliced

METHOD

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1. Place chickpeas in a bowl. Using a fork, mash until almost smooth. Add carrot, breadcrumbs and egg. Mix to combine. Using floured hands, shape mixture into 4 patties.
2. Heat oil in a frying pan over medium heat. Cook patties, turning, for 4 to 5 minutes each side or until heated through.
3. Meanwhile, preheat grill on high. Toast cut side of rolls for 2 to 3 minutes or until golden. Top roll bases with beetroot, lettuce, tomato, patties and roll tops. Serve.

