



Chickpea Nut Burgers

PREP TIME 10 mins | TOTAL TIME 20 mins | SERVES 6

INGREDIENTS

- 540-mL can chickpeas (not drained)
- 1 cup sliced almonds, toasted
- 1 cup panko
- 1 large garlic clove
- 1 green onion, chopped
- 1 tablespoon coarsely chopped rosemary leaves
- ½ teaspoon salt
- Zest of 1 lemon
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- Canola oil
- Buns and condiments, for serving

INSTRUCTIONS

1. Combine all of the ingredients, except the canola oil, in a food processor. Purée until smooth. Shape into 6 patties (the mixture will be sticky, and shaping the patties is easier with slightly wet hands) and place on a parchment-lined baking dish. Chill at least 20 minutes, and for as long as 24 hours.
2. Heat a large non-stick frying pan over medium high. Brush each patty with a little canola oil and add to the pan. Cook about 2 minutes per side, or until golden, then reduce the heat to low and cook another 5 to 7 minutes, or until piping hot (poke a small knife or metal skewer into the centre of the patty and then place the utensil on your lower lip—it should feel very warm).
3. Serve on buns with sliced tomatoes, onions and condiments.