SHOPPING LIST

Chickpea and Herb Burgers with Tahini Sauce

Serves 4 burgers

For the patties

- [ ] 2 x 400 g cans chickpeas, drained
- [ ] A small bunch of parsley
- [ ] A small bunch of coriander
- [ ] 1 tsp ground cumin
- [ ] 2 garlic cloves
- [ ] Zest and juice of 1/2 lemon
- [ ] 3 tbsp chickpea flour (or plain flour)
- [ ] 1/2 tsp salt
- [ ] 2 tbsp oil, for frying

For the tahini sauce

- [ ] 3 tbsp tahini
- [ ] 3 tbsp water
- [ ] 1 tbsp lemon juice
- [ ] 1 small garlic clove, crushed
- [ ] A pinch of salt

To build

- [ ] 4 burger buns (check they are vegan)
- [ ] 1/2 cucumber, sliced
- [ ] 1 tomato, sliced
- [ ] A handful of shredded red cabbage

Tick off what you already have at home.