LIGHT & SWEET

Chickpea and Herb Burgers with Tahini Sauce

PREP	COOK	SERVES
20 min	10 min	4 burgers

Vegan | Vegetarian

Green, herby chickpea patties with lemony tahini sauce, cucumber and tomato. Light and vegan.

Ingredients

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

Method

1. Pulse the chickpeas, herbs, cumin, garlic, lemon zest and juice, flour and salt in a food processor until roughly chopped and holding together.
2. Shape into four patties and chill for 15 minutes.
3. Whisk the tahini, water, lemon juice, garlic and salt into a smooth pourable sauce.
4. Fry the patties in the oil for 4 to 5 minutes per side until golden and crisp.
5. Toast the buns. Spread with tahini sauce and build with cabbage, cucumber, tomato and the patty.

Cook's tip

Pulse, do not blend. A little texture keeps the patties from turning into hummus.