



Vegie burgers

GREEN

Makes 12

Ingredients

2 tablespoons canola oil or spray pan with oil spray.
8 spring onions
4 chopped garlic cloves
2 x 600g (1lb 5 oz) tinned chickpeas, (rinsed and drained)
2 eggs
2 small cos lettuces
2 Tomatoes-sliced
Crusty wholemeal bread or rolls to serve

Method

1. Heat 3 tsp of the oil in fry pan over medium heat. Add spring onions and garlic and cook, stirring, for 1-2 minutes, or until onion starts to soften.
2. Put chickpeas and spring onion mixture in a food processor. Process for 2 minutes. Transfer to bowl and mix in the eggs. Using your hands shape the mixture into 12 burgers.
3. Heat remaining oil in frypan and cook for 2 minutes on each side or until golden. Drain on paper towels.
4. Serve with lettuce, tomato and crusty bread.

Variations could include adding grated carrot and zucchini to the burger mixture and adding cucumber with the lettuce and bread.