

Chickpea and Lentil Burgers



Serves 4

Super healthy Spiced Lentil and Chickpea recipe. Wonderfully quick, easy and delicious recipe great for lunch boxes and parties.

Prep: 10 mins
Cook: 20 mins
Serves: 4

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 x 400g can chickpeas, drained and rinsed
- 1 x 400g can lentils, drained and rinsed
- 1/2 cup sunflower seeds
- 1/4 bunch coriander
- 2 eggs, lightly beaten
- 2/3 cup wholemeal flour
- Pepper to taste
- Vegetable oil

Method

1. Place a fry pan onto medium heat, add olive oil and diced onions. Cook until softened, stirring occasionally
2. Add garlic, turmeric and cumin and cook for a further 2-3 minutes while stirring. Place into a food processor, leave to cool
3. Add chickpeas, lentils, sunflower seeds, coriander, eggs and seasoning into the food processor. Blend until smooth
4. Transfer mix into a bowl, add flour, combine and form into 8 patties
5. Place frying pan onto medium heat, add vegetable oil and panfry patties on both sides until golden