

Crispy Veggie Burgers

Serves 2 (adjust quantity of ingredients based on number of servings to be made)

Ingredients

1(15 ounce) can chickpeas

1 large egg (substitute with flax eggs, 1 tbsp of flaxmeal mixed with 3 tbsp of water. Keep aside for few minutes before using)

2 tablespoons plain Greek yogurt(1 tbsp of nut butter with 1 tbsp of bread crumbs)

4 teaspoons extra virgin olive oil

1 1/2 teaspoon curry powder (can substitute with a mix of roasted cumin and coriander powder)

1/8 teaspoon salt Pinch pepper

1/3 cup panko bread crumbs

3 scallions, sliced thin

2 leaves lettuce

2 hamburger buns

Gather cooking equipment

Colander, Can opener 3/4 cup dry measuring cup Medium bowl Whisk Food processor Rubber Spatula 10-inch nonstick skillet

Start Cooking

1. Set Colander in sink. Open can of chickpeas and pour into colander. Rinse chickpeas with cold water and shake colander to drain well. Measure out 3/4 cup

chickpeas; reserve remaining chickpeas for another use.

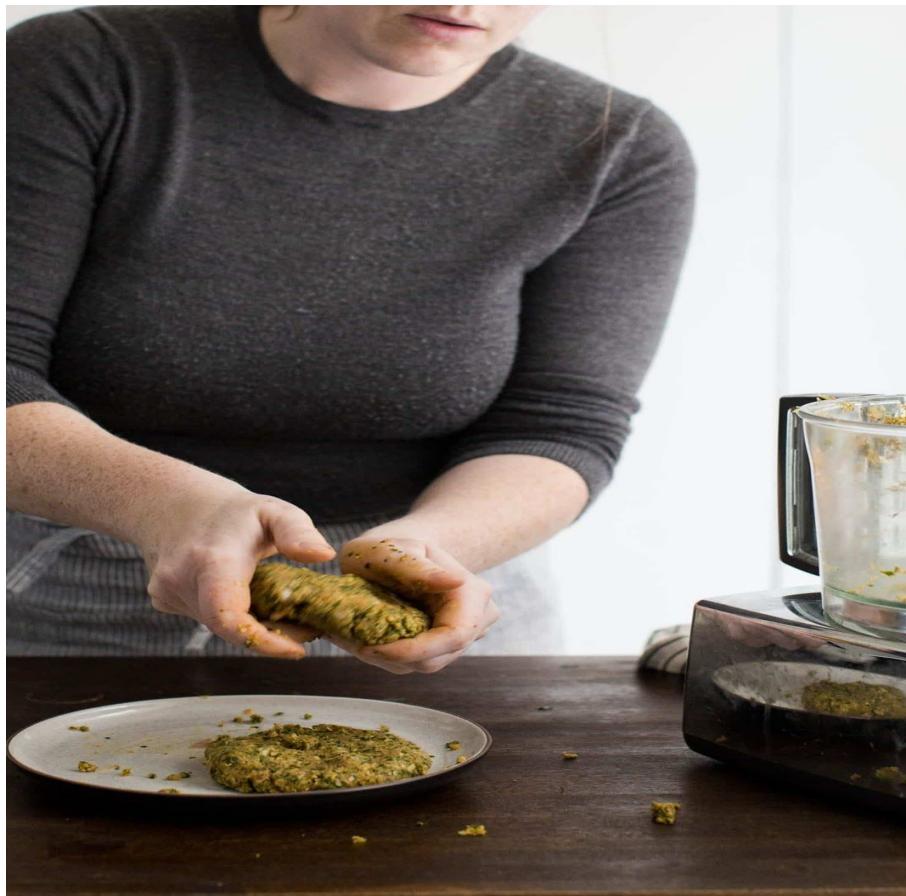


2. In medium bowl, whisk egg, yogurt, 2 teaspoons oil, curry powder (or mix of roasted cumin and coriander powder), salt and pepper until well combined.
3. Place 3/4 cup chickpeas, panko and scallions in food processor. Lock lid in place. Hold down pulse button for 1 second, then release. Repeat until ingredients are roughly chopped with some large pieces remaining, 5 to 8 pulses.



4. Remove lid and carefully remove food processor blade (ask an adult for help). Transfer chickpeas mixture to a bowl with egg mixture. Use rubber spatula to gently stir ingredients until just combined.

5. Use your hands to divide chickpea mixture into two lightly packed balls. Gently flatten each ball into circle that measure 4 inches across.



6. Add remaining 2 teaspoons oil to 10-inch nonstick skillet and swirl skillet to coat evenly with oil. Place patties in skillet and cook over medium heat until well browned on first side, 4 to 6 minutes. Use spatula to gently flip patties (ask an adult for help). Cook until well browned on second side, 4 to 5 minutes. Turn off heat.



7. Put 1 lettuce leaf inside each bun. Use spatula to slide burgers into buns. Serve with more yogurt (for dipping or spreading inside buns) if you like.



Things to remember: DO NOT over process the mixture in step 3, or the burgers will have a mushy texture. To keep the patties from falling apart wait until they are browned on the first side before attempting to flip them.