

## **Chickpea and Coriander Burgers**

Burgers are ALWAYS hit in our home. Serve these in a healthy wholemeal bun or just as they are with some steamed veg and brown rice.

- 400g tin of chickpeas, drained
- Zest and juice of one lemon
- 1 tsp ground cumin
- 1 teaspoon turmeric
- Handful of fresh coriander, chopped
- 1 egg
- ½ medium red onion, diced
- Buns, tomatoes, salad etc to serve
- 1 tsp oil to cook with

Nothing gives me greater pleasure than to tell you that all you need to do is throw all of the burger ingredients into a food processor and blitz until smooth – it's nice when it's a little chunky as you get little bits of onion and chickpeas but make it as smooth as you like.

Heat up the oil in a pan and fry this gently for approx. 4 mins each side and you're done!!

