

Falafel Burgers

SERVES 4 | 30 MIN



INGREDIENTS

520 g canned chickpeas
 1 red onion
 2 cloves garlic
 4 tsp parsley
 1 tsp cumin seeds
 1 tsp ground coriander
 2 tsp harissa paste
 4 tsp chickpea flour
 4 pita breads (optional)
 4 tbs tomato relish
 280 g avocado
 2 cups rocket

METHOD

1. Drain and dry the chickpeas. Finely dice the onion. Pour the chickpeas into a food processor along with the onion, garlic, parsley, spices and chickpea flour. Season and pulse until smooth. Form into four palm-size patties and set aside.
2. Add cooking oil of your choice to a frying pan and over a medium heat cook each patty for 3 - 4 minutes on each side.
3. Pop the pita (if using) into the toaster or under the grill, until toasted.
4. Serve with the relish, sliced avo and green salad, or jam it all into the pita if using.

Note:

If you are not in a rush, using dried chickpeas soaked overnight will give you a better burger - give it a try. The falafels can be rolled, flattened, cooked or frozen and are a great meal prep idea.

