



## VEGGIE BURGERS



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Preparation 25 mins + chilling time | Cooking 20 mins | Makes 8

425g can chickpeas, drained and rinsed

1 cup firmly-packed grated carrot

1 cup firmly-packed grated zucchini

⅓ cup flat-leaf parsley, finely chopped

2 tbs white chia seeds

1 free-range egg, lightly beaten

¼ cup plain flour

Vegetable oil, for shallow frying

4 brioche burger buns, halved and toasted

Kewpie mayonnaise, for spreading

Lettuce leaves, thinly sliced Lebanese cucumber and sliced tomato, to serve

**STEP 1** Place chickpeas into a large bowl and roughly mash with a fork. Combine carrot and zucchini in a colander. Squeeze vegetables to remove excess moisture and pat dry with paper towel.

**STEP 2** Add carrot, zucchini, chia seeds, egg and flour to the mashed chickpeas. Season with salt and pepper and mix until well combined. Form mixture into 4 patties. Place patties onto a baking tray lined with baking paper, cover and chill for 30 minutes (or longer if time permits).

**STEP 3** Preheat oven to 180°C. Heat ½cm oil in a large frying pan over medium heat. Cook patties for 5 minutes on each side until golden. Drain on paper towel then place on baking tray lined with baking paper. Bake for 8-10 minutes until cooked through.

**STEP 4** Toast buns. Spread toasted bun bases with mayonnaise. Top with lettuce, cucumber, and a veggie patty. Drizzle with a little extra mayonnaise and a slice of tomato. Top with bun tops and serve.