

Chickpeas & Sweet Potato Burgers



Serves 4 Prep 25 mins

Cooking 25 mins

Easy

Ingredients

For the burgers

1 sweet potato, ± 200g
2x 400g tins of chickpeas, drained & rinsed
1 tbsp mustard
1 tbsp dried mixed herbs
1 lemon, zested
3 tbsp plain flour + extra for shaping
1 tbsp oil

For pickled slaw

1/2 red onion, finely sliced
1 carrot, coarsely grated
1/4 cucumber, deseeded & finely sliced
2 tbsp white wine vinegar

For the mayo

4 tbsp mayo
1-2 tsp lemon juice, to taste
Lettuce, sliced tomato,
bread rolls to serve

1. Peel the sweet potato and chop into small chunks. Boil in a pan of water until completely soft, about 10 - 15 mins. Drain well, set aside to briefly steam dry.
2. Meanwhile, mix slaw ingredients with a pinch of salt and sugar. Toss well and set aside to lightly pickle. Mix the mayo ingredients.
3. Tip the sweet potato ingredients and the remaining burger ingredients (except the oil) into a food processor. Season, then whizz until well combined. Using floured hands, shape the mixture into 4 patties. Chill in the fridge for at least 20 mins or until ready to cook.
4. Heat the oil in a large frying pan and cook the patties for 3 - 5 mins on each side until crisp and piping hot. Serve in buns with the mayo and trimmings, and a serving of pickled slaw on the side.