

Chickpea Burgers with Roasted Cauliflower

Prep Time: 30 minutes

Cook Time: 15minutes

Serves: 5-6

Ingredients

Roasted Cauliflower

1 medium cauliflower, cut into small florets
 1 T olive oil
 ½ t salt and a good grinding of black pepper
 3 T slivered almonds
 3 T currants

Chickpea Patties

1½ c cooked chickpeas
 (approximately ¾ c dried, see Top Tip)
 1½ c edamame beans or peas, frozen
 ½ c parsley or basil
 2 t ground cumin powder
 1 t ground coriander powder
 ½ medium red onion, roughly chopped
 2 cloves garlic, roughly chopped
 ½ c chickpea flour
 1 large lemon, juice and zest
 ½ t salt and a good grinding of black pepper
 2 T olive oil

Burger Fillings

½ cucumber, finely sliced
 1-2 avocados, sliced
 1-2 tomatoes, sliced
 Lettuce leaves
 5 gluten-free buns
 10 slices of cheese
 Mayo or sauce of your choice – ensure gluten-free



Method

1. Preheat oven to 200°C Fan bake.
2. Place cauliflower in a baking dish, drizzle with oil and season with salt and pepper. Cook for 15-20 minutes until lightly browned, tossing half way through. Once cooked, remove and turn oven onto high grill.
3. Cut buns in half, lay the sliced cheese on the top side and place on a baking tray. Prepare the burger filling ingredients. Set aside.
4. Soak beans or peas in boiling water for 5 minutes, drain. Place all patty ingredients in a food processor (except oil) and process until combined (this is quite a soft mixture but if firms up while cooking).
5. Heat oil in a fry pan over a medium heat. Using damp hands, form mixture into patties, sized to suit your buns. Cook on either side for 2-3 minutes until browned.

6. While patties are cooking, place buns under the grill until cheese has melted, keeping an eye on them so they don't burn.
7. Place all ingredients on the table so everyone can make their own.
Serve with the roasted cauliflower on the side, sprinkled with slivered almonds and currants.

Top Tip: I recommend using dried chickpeas for a smoother texture if you have the extra time. Soak in plenty of water in a pot over night. In the morning, refresh with clean water, cover and bring to the boil. Turn down to simmer and cook for 1 hour. Drain, rinse and cool slightly before using. Any leftover chickpeas can be frozen.