

# Speak Out in Hounslow



## Summer Veggie Burgers

As BBQ weather is here, why not try these delicious veggie burgers?

### Ingredients

400g tin chickpeas drained  
Zest 1 lemon, plus juice  $\frac{1}{2}$   
1 tsp ground cumin  
Small bunch coriander  
chopped  
1 egg  
100g fresh bread crumbs  
1 medium red onion  
( $\frac{1}{2}$  diced,  $\frac{1}{2}$  sliced)  
1 tbsp olive oil  
4 small buns  
1 tomato sliced  
 $\frac{1}{4}$  cucumber, sliced  
Chilli sauce to serve

### How to do it

- 1) In a food processor, whizz the chickpeas, lemon zest, lemon juice, cumin, half the coriander, egg and some seasoning.
- 2) Scrape into a bowl and mix with 80g of the breadcrumbs and the diced onion.
- 3) Form 4 burgers, press remaining breadcrumbs onto both sides and chill for 10 mins.
- 4) Heat oil in a pan until hot. Fry the burgers for 4 mins each side, keeping the heat on medium so they do not burn.
- 5) To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and a sprinkle of coriander.

*Please ask for some help from people in your household if you are not confident with using knives, gadgets or working with the cooker/oven.*