



Easy Hunger-Fix Falafel Burgers

NIBBLEDISH CONTRIBUTOR

Ingredients

This will make 4 small burgers, so 2 portions!

400g can chickpeas
garlic clove
small onion (red is best!)
handful fresh parsley
1tsp ground cumin
1tsp ground coriander (or a few fresh leaves)
2tbsp plain flour

bit of olive oil

pitta bread or small burger buns

and anything you fancy to serve it with, like a mixed salad

Instructions

1. Rinse the chickpeas and dry off the excess water as much as you can
2. Tip into a blender with all of the ingredients - except for the oil and pitta/bun of course ;-)
3. Blend it until smooth and make it into four burger shapes with your hands, keeping them even
4. Heat up a pan, add a bit of oil and place all of the burgers in to fry for a few minutes on each side.

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5. Prepare your side serving and get your pitta/burger buns toasted/grilled.
 6. Don't allow the burgers to over-fry as they'll go hard but it's nice to have a bit of crunch on the outside!
 7. Serve immediately whilst it's nice and hot, yum!