

Chickpea Burgers

<p>2 tins chickpeas 1 teasp cumin 1 teasp coriander onion salt 1 clove garlic 1 small onion, finely chopped fresh coriander 2 teasp tahina paste gram flour (chickpea flour)</p> <p><u>Fresh Tomato Sauce</u> 4 tomatoes 2 teasp tomato puree 1 tbsp maple syrup seasoning 1 onion, chopped</p>	<p>Open the chickpeas, drain, reserve the liquid. Add to a food processor or hand blender, add the spices, seasoning, garlic and chopped onion. Blitz until a thick paste is made. Add gram flour a spoon at a time, until the mixture is firm but not too stiff. Remove from the blender, place in a bowl, cover and leave for half an hour in fridge to firm up. Remove from fridge and roll into patties. Place on a greased baking tray, drizzle with a little oil, and bake for about 25 minutes (turning after 15 minutes) at 180°C or gently fry in oil.</p> <p><u>Tomato Sauce</u> Chop the tomatoes, add to a frying pan with a little olive oil, add chopped onions. Allow to sweat until soft. Add the seasoning, tomato puree and maple syrup. Taste and adjust seasoning. This sauce can be served as it is or blended to a smooth sauce. Serve with the chickpea burgers and a green vegetable, or a salad.</p>
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