

Walnut-Chickpea Burgers

Ingredients

- 1 cup walnuts
- 1 can chickpeas
- 1 cup cooked couscous
- 3 tbsp English mustard
- 3 tbsp soy sauce
- 2 tbsp tomato paste
- 2 tsp paprika
- 2 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Method

1. Grind walnuts and chickpeas finely in a food processor.
2. Mix all ingredients together.
3. Form into a thick (minimum 2cm) patties and sprinkle with salt and pepper.
4. Fry each side and serve in a bun with typical burger accompaniments.

Notes

Makes 4-6 burger patties.

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