

Chickpea burger

Ingredients

- 2 teaspoons caraway seeds
- 2 small onions
- 1 red pepper
- 2 tablespoons of olive oil
- 4 cloves of garlic
- 2 cans of chickpeas (drained weight approx. 500 g)
- 1 teaspoon ground cumin (djinten)
- lemon juice
- wholemeal flour
- 1 cucumber
- 200 ml low-fat Turkish or Greek yoghurt
- 4 tablespoons liquid margarine
- 150 grams of lettuce, rocket
- 300 grams cherry tomatoes

Preparation

1. Toast the caraway seeds in a dry frying pan until light brown.
2. Peel the onion and chop it small.
3. Chop the piece of pepper very finely.
4. Fry the onion in the oil and the pepper and 1 crushed clove of garlic.
5. Drain the chickpeas, rinse them and them slightly with a fork.
6. Add the onion, caraway seeds, cumin and some lemon juice.
7. Shape into 4 discs and roll them through some wholemeal flour. Leave them to set in the fridge for half an hour.
8. For the Tzatziki, wash the cucumber and halve it. Remove the seeds with a spoon. Grate the cucumber and the other clove of garlic over it.
9. Add the yoghurt, possibly a little lemon juice and some pepper.
10. Wash the lettuce and tomatoes and season the vegetables with lemon juice.
11. Fry the chickpea burgers in the hot margarine hot and brown for 8 minutes.
12. Serve the burgers with the tzatziki and salad.

MIX, STIR & SMILE!