

## TASTE WITHOUT WASTE

### Fragrant Chickpea & Mushroom Burgers

Makes 5 meal sized patties.

#### Ingredients

1 tbsp olive oil  
1 small onion, finely chopped  
2 cloves garlic, crushed  
1 tsp ground cumin  
1 tsp ground coriander  
¼ tsp paprika  
Pinch dried chilli flakes (alter according to your preferred 'spice factor!')  
1 small stalk lemon grass, finely chopped or blitzed in a food processor  
200g mushrooms, preferably a strong flavoured type (I used Portobello), finely chopped  
Juice of 1 lime  
400g can chickpeas, rinsed, drained and blitzed in the food process until crumbled  
2 slices bread (crusts & all) blitzed in a food processor/blender to form rough breadcrumbs.  
Few drops Tabasco sauce  
Big handful coriander leaves, finely chopped  
Rice flour for coating  
Sunflower or rice bran oil for frying

To serve:

Buns/sourdough bread/Turkish bread/focaccia – pretty much anything you fancy  
Avocado or guacamole  
Thinly sliced tomato  
Baby spinach leaves (or lettuce)  
Thinly sliced red onion or gently fried brown onion

#### Method

Heat the olive oil in a 20cm frypan (or similar sized) over a medium to low heat. Slap in the onion and cook gently for three minutes or until beginning to soften (but not colour). Add the garlic and cook for two minutes. Throw in the cumin, coriander, chilli flakes, paprika and lemongrass. Cook for three minutes, stirring regularly, or until fragrant.

Add the lime juice and the mushrooms and cook for approximately eight minutes or until most of the juices from the mushrooms have evaporated. Stir at regular intervals. Transfer to a large bowl and leave to cool for ten minutes or so.

Add the chickpeas, breadcrumbs, chopped coriander and Tabasco. Season well with salt and pepper. Stir with a fork until thoroughly combined.

Dip hands in rice flour and take a large handful of the mixture (about 1/3 cup) and gently shape into a thick patty. Dust with rice flour, then carefully flip over (it will be fragile) in your hands and dust the other side. Place on a large plate. Repeat the process until all of the mixture is used. Refrigerate for at least fifteen minutes to firm up a bit.

Heat a tablespoon or two of oil in a large fry pan over a medium to high heat. Fry the patties for 3-4 minutes each side until well browned and cooked through. You may need to reduce the heat halfway through cooking so that they don't burn.

Serve however you like – as a traditional burger, in a pita, wrap or with a salad!

Source: Adapted from [Sam Stern's Get Cooking](#)

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