



Chickpea and Mushroom Burger

A plant-based burger packed full of fresh flavours that can be very simply made vegan.

Serves: 8 | **Cooking Function:** Oven cook for 30 minutes 180°C. Fry burgers on induction hob level 5 for 10-12 minutes | **Preparation time:** 30 minutes

Ingredients

- 225g mushrooms
- 1 medium carrot
- 85g cauliflower
- 85g frozen spinach drained
- ½ medium onion
- 2 cloves garlic
- 2 tbsp olive oil
- 1 tsp chilli powder mild
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 204g chickpeas
- 3 tbsp chopped coriander
- 35g **panko breadcrumbs**
- 1 **egg**
- 180 ml whisked chickpea water (aquafaba). Vegan substitute for egg.
- 15g tomato puree
- 115g cooked rice e.g. microwave rice sachet

Note: Allergens highlighted in bold.

Method

1. Heat the oven 4D hot air to 180°C.
2. Line two universal trays with greaseproof paper.
3. Roughly chop the mushrooms, carrots, broccoli and onion into ½ cm chunks.
4. Toss the vegetables into the processor bowl. Add the garlic, olive oil, smoked paprika, chilli powder, salt and pepper.

5. Place on the food processor. Close the lid and pulse until coarsely ground.
6. Spread the ground vegetables onto one of the lined universal trays. Pat them with a spatula until a very thin layer of vegetables covers the baking sheet.
7. Roast the vegetables for 15 minutes. Turn the vegetables and pat them down again with a spatula in a thin layer.
8. Meanwhile, drain the chickpeas keeping the water for the egg white replacement if making the dish vegan. Place the beans on the baking tray. Place in the oven with the vegetables for another 15 minutes.
9. Keep an eye on the vegetables to avoid burning, roast the chickpeas until the chickpeas split and look dry and the vegetables looker drier and toasted. Allow to cool.
10. Place the spinach and coriander in the food processor, pulse until they are about the size of breadcrumbs.
11. Add the cooled chickpeas and pulse for 5 – 10 minutes until the chickpeas look crumbly with large crumbs.
12. Add the roast vegetables, panko breadcrumbs, egg or aquafaba and tomato puree. Pulse until everything is just combined. Do not pulse until smooth, the texture is needed.
13. Place the mixture, into a bowl and fold in the rice.
14. Divide into 8 equal portions, 90g each. Heat the frying pan with 1 tbsp olive oil on level 5. Cook for 4 minutes on each side until heated through, firm and browned on both sides.
15. Serve with bun, griddled vegetables and a sauce of choice.