

1. Mash the chickpeas in a large bowl. Stir in the nuts, onion, carrots, tomato purée and egg. Mix together and season to taste.
2. Divide the mixture into 6-8 and shape each portion into a burger. Dip in the breadcrumbs to coat. Chill for an hour, or overnight.
3. Grill the burgers on a medium heat for 3 to 4 mins a side, until browned. Serve in wholemeal buns or pitta bread with salsa and salad.

1 x 400g can chickpeas, drained
100g chopped nuts
1 onion, grated
2 carrots, grated
2tbsp tomato purée
1 medium eggs, beaten
1 tsp mixed herbs
Breadcrumbs, for coating

MAIN COURSE***'What's Cooking!' Recipe Card*****CHICKPEA BURGERS****Food Fact:-**

Chickpeas are a good source of fibre, calcium and iron and using them to make burgers is a tasty alternative to meat.

Preparation time 10 MINS

Cooking time 8 MINS

SERVES 6-8