

Veggie Burgers

Serves 4

Per Serving

350 Calories

10.8g Fat

Ingredients:

350g Sainsbury's Fresh, Frozen or Tinned Broad Beans

1 large onion, finely chopped

1-2 tablespoons of cumin seeds

1/4 teaspoon of Sainsburys Paprika

Salt and pepper to taste

3 tablespoons of plain flour, plus some for dusting

100g breadcrumbs

1 tomato, sliced

1 tablespoon of olive oil

2 garlic cloves, finely chopped

2 teaspoons of Sainsbury's Ground Coriander

1/2 teaspoon of dried chilli flakes (Top Tip: Try using a fresh chilli instead of dried flakes for extra zing!) or crushed chilli

410g can of Sainsburys Chickpeas, drained and rinsed

1 small egg white, beaten

180g Sainsbury's Living Watercress

Cooking instructions:

1. Preheat the oven to 160°C, 180°C fan, Gas 4. Blanch the broad beans in boiling water for 1-2 minutes, drain and refresh under cold water. Remove the skins and set aside.
2. Heat 1 tablespoon of the oil in a frying pan, add the onion. Cook until soft, add the garlic, spices and seasoning and cook for 2 minutes. Tip the onion and spices into a food processor, add the chickpeas, flour and egg.
3. Season, then process until the mixture forms a thick paste. Place in a bowl and refrigerate for 30 minutes.
4. Remove from the fridge and shape into 4 burgers, using a little of the flour to keep them from sticking (Top Tip: If your hands get sticky put a little flour on them to get the mix off.)
5. Heat the remaining oil in a frying pan and fry the burgers for 3 minutes on each side.
6. Place in the oven and continue to cook for 10 minutes until hot and cooked through.
7. Lay the tortilla on the work surface and fold in half. Then, turn back the rounded edge by 2cm to create a flap.
8. Place the burger inside the wrap with the sliced tomato and watercress, making sure the flap doesn't come undone.