

Colourful Vegetable Burger

A soft, nutty vegan burger loaded with vegetables.



Serves - 4



Prep time - 10 mins



Cooking time - 12 mins



Ingredients



1 small red onion



1 large garlic clove



25g mixed nuts, such as
brazils, almonds, hazelnuts



Handful parsley



1 tsp ground coriander



1 tsp paprika



400g can chickpeas,
drained and rinsed



25g plain wholemeal flour



½ lime juice



1 avocado



1 sliced orange pepper



1 tomato thinly sliced



Lettuce



Burger bun



Halloumi (optional)

Cookware : Kadai, Grills, Grill Trays and Skillets

Method



- 🔥 In a food processor blend together the red onion, garlic, nuts and spices.
- 🔥 Then blend in the chickpeas, flour and lime juice.
- 🔥 Using the mixture mould some burger sized patties.
- 🔥 Light up your Kadai and grill the patties on hot grill trays for 6 mins on each side.
- 🔥 Meanwhile mash up the avocado and coriander and set aside.
- 🔥 In a Skillet fry the sliced pepper and halloumi with paprika and oil.
- 🔥 Once the burgers are cooked put them in the bun with avocado, fried peppers, halloumi, sliced tomato and a piece of lettuce. Then Enjoy!



Cookware

Grill Trays
& Skillets



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