

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 |  25g plain wholemeal flour |
|  1 large garlic clove |  ½ lime juice |
|  25g mixed nuts, such as brazils, almonds, hazelnuts |  1 avocado |
|  Handful parsley |  1 sliced orange pepper |
|  1 tsp ground coriander |  1 tomato thinly sliced |
|  1 tsp paprika |  Lettuce |
|  400g can chickpeas, drained and rinsed |  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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