

Chickpea Burgers

These teeny-weeny chickpea burgers are a delicious vegetarian alternative to a beef burger, and just right for little hands to hold. Protein dense, these patties are served with a crusty whole meal bun and salad to assist in meeting grain and vegetable serves for the day.



Serves 10 children



35 minutes

INGREDIENTS

Chickpeas, tinned, drained 425g (1 can)
 Potatoes, peeled 250g (2 medium)
 Onion 80g (1 medium)
 Parsley, dried 1 Tbs
 Curry powder 2 tsp
 Carrot 60g (1 medium)
 Eggs 120g (2 large)
 Bread crumbs, dry 125g (1 C)
 Canola oil 18g (4 tsp)
 Mini rolls, wholemeal 10 rolls
 Mixed salad greens 2.5 cups (80g)

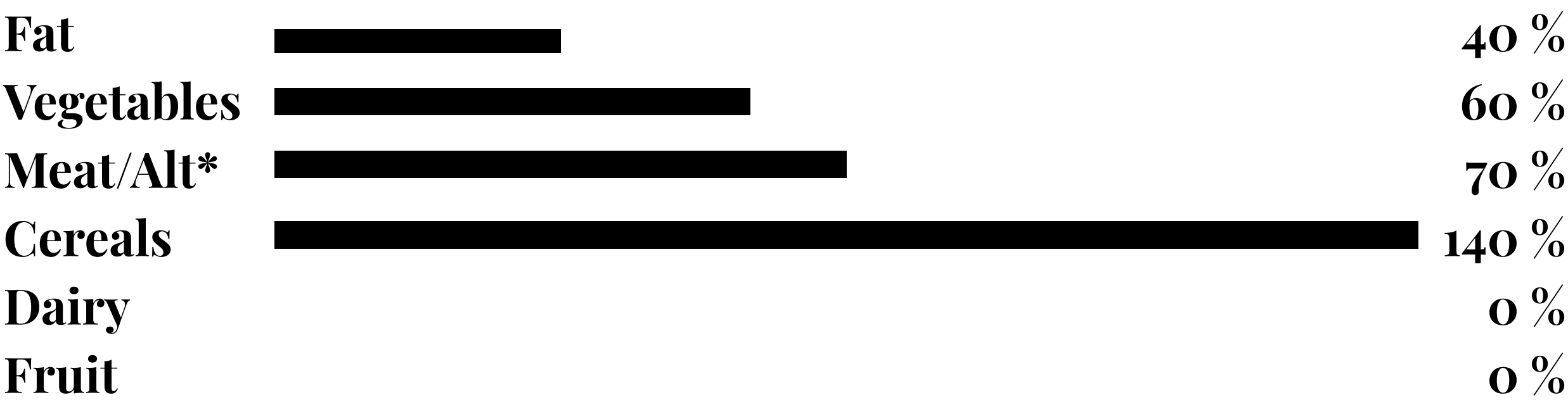
DIRECTIONS

1. Chop potatoes into cubes and boil until soft.
2. Mash potatoes and drained chickpeas with potato masher.
3. Cook finely diced onion and carrot in a fry pan with half of the oil.
4. In a bowl, combine all ingredients, except oil and bread crumbs.
5. Shape into round burger patties.
6. Add bread crumbs to a separate bowl and coat patties in bread crumbs.
7. Heat remaining oil in a fry pan on medium heat. Cook patties until golden brown.
8. Serve with a crusty wholemeal bun and salad.

Allergy Information

Contains: egg, wheat, gluten

Childcare RDI Calculator:



* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services