

# Falafel Burgers

Serves 4

## Ingredients:

400g can chickpea, rinsed and drained  
garlic clove, chopped  
handful of flat-leaf parsley or curly parsley  
1 tsp ground cumin  
1 tsp ground coriander  
1/2 tsp harissa paste or chilli powder  
2 tbsp plain flour  
2 tbsp sunflower oil  
toasted pitta bread  
200g tub tomato salsa, to serve  
green salad, to serve  
1 small red onion, roughly chopped

**Equipment:** Food processor, measuring spoons, serving dish, chopping board, knife, non stick frying pan,

## Method

1. Pat the chickpeas dry on some kitchen paper, then tip in to an electric blender or a food processor with the onion, garlic, parsley, spices, flour. Blend until smooth, then shape into four patties with wet hands.
2. Heat the oil in a non stick frying pan, add the burgers, then quickly fry for 3 minutes on each side until golden brown.
3. Serve with toasted pittas, tomato salsa and green salad

