

Home-made veggie burgers:

Ingredients:

- 1 small onion finely chopped
 - 2 tbsp oil
- 1 small clove of garlic, crushed
- 1 courgette or carrot, trimmed and grated
- 2 slices of wholemeal breadcrumbs
 - 400g can chickpeas, drained and rinsed
- Small handful of fresh coriander
 - 2 tsp mild curry powder

Equipment:

- Large glass bowl
 - Grater
- Sharp Knife
- Chopping Board
 - Saucepan
 - Wooden Spoon
- Tablespoon

Method:

1. Heat the oil in a pan on a low heat
2. Add the onion, garlic and cook for 5 minutes.
3. Add the curry powder and cook for 2 - 3 minutes
4. Add courgette or carrot and cook for 2 - 3 minutes
5. Spoon the mixture into a big bowl. Add the chickpeas, breadcrumbs and coriander
6. Mix together and shape into burgers
7. Chill for 30 minutes before cooking

