



Veggie Burger.

Ingredients

- Zucchini's grated 4 if medium size
- 2 cans of chickpeas drained
- 1 cup of panko breadcrumbs
- 1/3 cup of parsley leaves
- 1 cup of flour
- 2 garlic cloves crushed
- 2 eggs
- Pinch of sea salt and pepper
- 1/2 a cup of chopped mint
- 1 cup of grated tasty cheese
- Optional coating
- 2 eggs
- 2 cups of panko breadcrumbs

Method

- Grate zucchini's place a new chux cloth around the colander then place zucchini in .
- Press down with a wooden spoon to take out the moisture.
- Chop your herbs finely.
- Drain your chickpeas
- Place chickpeas herbs breadcrumbs, flour, eggs, salt and pepper and cheese into the food processor. If we think this is too much mixture then divide in half and process in separate batches.
- Process for 30 seconds then scrape down sides of food processor and process for another 30 seconds.
- Remove from processor and place into 2 medium size bowls
- Form into balls and place onto a large platter lined with baking paper.
- Optional extra
- Place 2 eggs in a bowl
- Place 2 cups of panko breadcrumbs in a bowl
- Take your veggie burger and put into the egg then the breadcrumbs and place onto a platter lined with baking paper.
- In a large frying pan add olive oil and once hot add your burgers. Cook for about 5 minutes then flip and cook on the other side.
- Once all are cooked.
- Serve in your home made bread roll, with shredded lettuce, grated cheese and sliced tomatoes.
- Top with some kewpie mayonnaise