



Recipe Sheet

FALAFEL BURGERS

INGREDIENTS - BURGER

- 250g Tinned Chickpeas (Drained)
- 1 Medium Onion (Finely Chopped)
- 2 Garlic Cloves (Crushed)
- 2 tsp Ground Coriander
- 2 tsp Ground Cumin
- 20g Fresh Coriander (Chopped)
- 1 Red Chilli (Seeds Removed & Chopped)
- 4 Burger Buns (e.g Brioche, Rustic, Brown, Granary, Pretzel... YOU DECIDE!)

OPTIONAL EXTRAS

- Grated Carrot
- Toasted Sesame Seeds
- Mint
- Peanut Butter

TO SERVE – Any or all of the below... GET CREATIVE!

Add Tomato, Cucumber, Lettuce, Mint Yoghurt, Sweet Chilli Sauce, Coleslaw, Charred Corn on the Cob with Chilli Flakes.

Serve with Sweet Potato Fries or Rustic Wedges or Chips.