

VEGGIE BURGER

AND CHIPS

SHOPPING LIST

SERVES 4



400g canned chickpeas



1 onion



1 carrot



5cm piece fresh ginger



1 egg



Breadcrumbs



vegetable oil



2 large potatoes



Garlic

HOW TO COOK



Heat the oven to 230
degrees C / Gas mark 8



Bring a pan of water to the boil



Cut the potato into chunky chips
(leave the skin on)



Add the chips to the boiling water



Boil the chips for 10 minutes



after 10 minutes drain them
in a colander



Heat 1 tablespoon of oil
in a frying pan



add the chips and 5 whole
garlic cloves to the pan



give them a good stir so all the
chips get covered in oil



put the contents of the pan onto a
baking tray and put in the oven



cook for 20-25 minutes until the
chips are golden brown

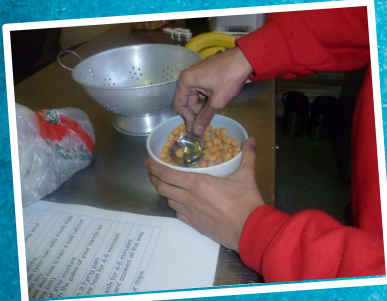
While your chips are cooking



Drain the water off your chickpeas



Put them in a bowl



Mash them until smooth



Grate the onion into the bowl



Peel the carrot



Grate the carrot into the bowl



Peel the ginger



Grate the ginger into the bowl



Mix the chickpeas, onion, carrot
and ginger up together



Beat an egg in a bowl



Add the egg to the mixture



Add 2 tablespoons of breadcrumbs to the mixture



Mix together using your hands
(you can add more breadcrumbs if the mixture is too wet)



Take some of the mixture and
role it into a ball
(about the same size as a tennis ball)



Flatten the balls with the palm of your
hands so they look like burgers



Repeat this for the rest
of your mixture



heat 1 tablespoon of oil
in a frying pan



fry the burgers over a low
heat for 4-5 minutes



Turn the burgers over



Fry the burgers on the other side for 4-5 minutes



when the burgers are brown and cooked all the way through serve each one in the burger bun



Serve with your chips

ENJOY!

