

# Spicy Chickpea and Corn burger

Serves 4



**PROJECT FOOD**

A helping hand to healthy eating

- 1 x 400g tin of chickpeas
- 1 x 340g tin of sweetcorn
- ½ a bunch of fresh coriander, about 15g
- ½ teaspoon paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 1 lemon
- 3 heaped tablespoons plain flour
- Olive or vegetable oil
- A few lettuce leaves
- 2 large ripe tomatoes, sliced



## Method

1. Drain the chickpeas and sweetcorn, then tip into a bowl and blend with a hand blender. You can also use a food processor if you have one available.
2. Then add the coriander leaves—you can include the stalks too if you like.
3. Add the spices and flour, grate in the lemon zest, then pulse until combined, but not smooth – you want to keep a bit of texture.
4. On a flour-dusted surface, divide and shape the mixture into four equal-sized burgers, roughly 2cm thick. Place in the fridge for 30 minutes to firm up if you have time.
5. Heat a splash of oil in a large frying pan over a medium heat, add the patties and cook for 10 minutes, or until golden and cooked through, turning halfway.
6. Serve with lettuce, sliced tomato and a wholemeal burger bun.

## Homemade Coleslaw

- 6 tbsp plain soya yogurt
- ½ tsp Dijon mustard
- 2 tbsp vegan mayonnaise
- 1/2 white cabbage
- 2 carrots
- 1/2 onion



## Method

Mix the yogurt, mustard and mayonnaise together in a bowl. Then, use a grater attachment on a food processor, or a box grater, to grate the cabbage and carrots. Either grate the onion or chop as finely as you can. Tip all of the vegetables into the bowl and stir through the dressing.

**Keep in an airtight container, in the fridge and it will last for around 3 days. Perfect to add to salads and sandwiches.**

## Sweet Potato Wedges

- 2 sweet potato, cut into wedges
- 2 tbsp olive oil
- 1 tbsp thyme leaves
- salt and freshly ground black pepper



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## Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Toss the wedges with the oil and thyme then season well with salt and freshly ground black pepper.
3. Roast in the oven for 20-30 minutes, until lightly browned.

**You can also use normal potatoes, keep the skin on for extra fibre!**

**This recipe is great for all root vegetables. Why not mix it up and try carrot, parsnips and even beetroot! Harder vegetables may need a little longer in the oven**