

Broad bean burger

Makes about 4 patties

Ingredients

400g (1 410g tin) chickpeas, drained
200 g shelled broad beans
1 clove garlic chopped
1 tsp ground cumin
1 tsp ground coriander
½ tsp harissa paste
Small bunch of parsley - chopped
2 tbsp flour
3 tbsp oil (for frying)
1 small red (or white) onion chopped
reserve a couple of slices for serving
½ tsp salt

Dressing

Small bunch of mint leaves (reserve some for serving)
50 g cucumber
1 tsp creamed horseradish
250 ml Greek yoghurt/vegan equivalent



To serve

Mixed green salad leaves
2mm slices red onion for garnish
Olive oil
Slices of mature cheddar or other sharp/strong cheese (optional)

What to do

1. For the burgers

- a. Blanch the broad beans and pop them out of their tough white skins. Set aside in a large bowl.
- b. At the same time, allow the chickpeas to drain and sauté the onion and garlic. Drain if necessary, and if you have time, allow to cool.
- c. Use a food processor and pulse together the cooked onion, garlic, chopped parsley, sautéed onion and garlic.
- d. Add, coriander, cumin, harissa paste, flour and salt and continue pulsing until the texture is somewhat, but not too smooth.
- e. Combine the chickpea mixture with the broad beans.
- f. Divide into equally sized balls (125ml / ¼ cup measure) and on a silicon mat or working surface, press flat (shape using a cookie cutter of your choice – depending how thickness desired).
- g. Place in the fridge on grease proof paper and chill to set (2 – 4 hours)

- h. Fry or bake in a hot oven (250°C) on an oiled baking sheet for 10 – 20 minutes, flipping halfway through.

2. Dressing

- a. Grate the cucumber and drain.
- b. Chop about half the bunch of mint.
- c. Combine the cucumber, mint, horse radish and Greek yogurt, season with salt and pepper.
- d. Set aside and chill.

3. To serve

- a. Toss the salad leaves and reserved mint with a drizzle of olive oil and freshly squeezed lemon juice
- b. Lightly toast burger buns and then stack the base with the burger and the cheese slices.
- c. If serving with cheese, grill lightly until the cheese melts.
- d. Top with a dollop of the yoghurt dressing. Finally, top with slices of onion and the dressed leaves and serve with the rest of the bun.

A couple of points

- These patties are vegan – it's the accompaniments that make them vegetarian.
- The original [recipe](#) from Ed Baines serves them with brioche rolls, but they work just as well with flatbreads or sourdough rolls or any other roll you choose.

