

# 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.

