

Chickpea burgers (Vegetarian) – Serves 2

You will need:

- 230g Chickpeas
- 1 tbsp Greek yogurt
- 1 tsp Cumin/ras el hanout
- 1 Egg
- 1 heaped tsp Peanut butter
- ¼ Lettuce shredded
- 1 beef Tomato
- 2 Granary rolls

How to make it:

1. Blend the chickpeas, yogurt, nut butter, spices and egg together in a blender.
2. Cover your hands in rapeseed oil and form 2 large or 4 small patties.
3. Coat in wholemeal breadcrumbs.
4. Cook over a medium heat in a lightly oiled frying pan for 5-7 minutes on each side.
5. Serve with salad in a toasted granary roll.
1. Top with yogurt or avocado if you like.

What does this give you?

- 1 portion of protein
- 2 portions of vegetables
- 1 portion of starchy foods
- 1-2 portions of fats

The detail: per serving: 435kcal, 13g fat, 2.9g saturated fat, 50g carbohydrate, 9.2g sugar, 11g fibre, 23g protein, 1.2g salt

Preparation time: 10-15 minutes

Cooking time: 7-10 minutes

Approx. cost per serving: £1.16

Allergens: Contains gluten, nuts, eggs and milk. May contain sesame and soya.