



Chickpea Quinoa Burgers

Visual Recipe
by DAREBEE

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1 can - 8oz - 240g cooked chickpeas

1 cup - 7oz - 200g quinoa

2 tbsps ground flax seeds

½ cup - 3oz - 100ml water

LEVEL UP! Add nutritional yeast, psyllium husks and 1 tsp cumin to the burger mix. Add lettuce, cucumbers and sunflower seeds for garnish.

2 PORTIONS



INSTRUCTIONS

1. Rinse quinoa really well. Transfer the quinoa to a cooking pot. Cover with double the amount of water and stir once. Bring water to a boil then lower heat to low. Cover with a lid. Cook the quinoa until it is tender and it has completely absorbed the water - 15 minutes.

2. Combine drained chickpeas and cooked quinoa in a mixing bowl or a food processor. Add ground flax seeds and season for taste. Mash or blend until paste-like or bonded enough to shape.

3. Preheat the oven to 400°F (200°C). Form burger patties and place on top of a baking tray lined with baking paper.

4. Roast in the oven for 20 minutes or until they begin to form golden brown crust.

5. Transfer to a plate. Serve with lettuce cucumber salads, with or without burger buns.