

RECIPE

SPICY CHICK PEA BURGER

EQUIPMENT

medium sauté pan or griddle

INGREDIENTS

- 1 chick pea burger
- 1 brioche bun
- 1 tsp jerked ranch spread
- 1 tsp mint-cilantro pesto
- 1 tsp crumbled feta
- microgreens
- sliced red onions
- garlic pickle spear

DIRECTIONS

- 1. preheat sauté pan or griddle, medium heat
- 2. microwave burger to thaw if not already thawed to par sheet
- 3. lightly oil sauté pan or griddle
- 4. grill burger for approximately 3 minutes per side
- 5. simultaneously caramelize bun
- 6. dress bun with jerked ranch, mint-cilantro pesto, microgreens, red onions, feta and pickle spear
- 7. finish with burger and chosen side

PREP

SPICY CHICK PEA BURGER

YIELD

8 burgers

EQUIPMENT

food processor, mixer

INGREDIENTS

- 4 cans chickpeas, do not drain
- 1 tbsp olive oil
- 2 tbsp brown sugar
- 1 tbsp sriracha
- 2 cloves garlic, minced
- 1 medium red or green pepper, chopped
- 1 jalapeno or 2 serrano chiles, chopped
- 1 small red onion, chopped
- 1 medium carrot, chopped
- ¼ cup italian parsley, chopped
- ¼ cup fresh basil, chopped
- 1 tsp turmeric
- 1 tsp ground cumin
- 2 large eggs
- salt and pepper to taste
- panko as needed to bind

DIRECTIONS

1. combine all ingredients in a food processor or mixer and blend to a coarse consistency
2. add panko as required to create desired binding
3. form into patties separated by parchment paper
4. wrap individually in food wrap and freeze