



Chickpea burgers

Tasty and meatless

Recipe by



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Did you know...



The risk of cardiovascular disease is 40% higher among women than it is among men?

Ingredients

1 teaspoon caraway seed
1 small onions
½ chili pepper
1 tablespoons olive oil
2 cloves of garlic
250 grams of chickpeas
½ teaspoon ground cumin
lemon juice
whole grain flour
½ cucumber
100 ml low-fat Greek yogurt
2 table spoons liquid margarine

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Preparation

1. Roast the caraway seeds in a dry frying pan until slightly browned. Peel the onion and dice it. Cut the pepper really fine. Sauté the onion in the oil and fry the pepper and one diced garlic clove.
2. Drain the chickpeas, rinse them and mash them slightly with a fork. Add the onion, caraway seed, cumin and add some lemon juice. Form four disks and roll them through some of the flour. Let them sit in the fridge for half an hour.
3. Wash the cucumber and cut it in half in its length. Remove the seeds with a spoon. Grate the cucumber and squeeze the other garlic clove over it. Add the yogurt, a squeeze of lemon juice and some pepper.
4. Fry the chickpea burgers in the hot margarine for 8 minutes, until brown. Serve the burgers with the tzatziki and some salad as you please.