

## **Chickpea burgers**

Total time 500 mins 10 mins preparation time 480 mins marinating time 10 mins cooking time

Nutritional facts (per portion):

1136 kJ / 271 kcal

## **INGREDIENTS**

6 portion(s)

300 g chick peas2 tbsp water1 egg

**1** clove garlic

**3 tbsp** flour

0.5 tsp baking powder0.5 tsp bicarbonate of soda3 tbsp Kikkoman Naturally Brewed Organic Soy

Sauce

1 tsp cumin

Black pepper Olive oil

natural yoghurt chopped mint

Fat: **9.5** g Protein: **12.5** g Carbohydrates: **36.9** g

## **PREPARATION**

Step 1

Soak the chick peas in water for 8 hours or overnight and then drain. Mix the soaked chick peas in a bowl with the water, egg, crushed garlic, flour, baking powder, bicarbonate of soda, Kikkoman soy sauce and the spices. Heat the oil in a frying pan and use a spoon to shape the burgers before frying for a couple of minutes on each side until they are golden brown.

## Step 2

Serve with a sauce made from natural yoghurt mixed with chopped mint.