

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

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

INGREDIENTS

6 portion(s)

300 g	chick peas
2 tbsp	water
1	egg
1	clove garlic
3 tbsp	flour
0.5 tsp	baking powder
0.5 tsp	bicarbonate of soda
3 tbsp	Kikkoman Naturally Brewed Organic Soy Sauce
1 tsp	cumin
	Black pepper
	Olive oil
	natural yoghurt
	chopped mint

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.