

## Ingredients

- 1 x 400g can chickpeas, rinsed and well drained
- 3 spring onions, finely sliced
- 1 garlic clove, crushed
- pinch of chilli flakes
- ¼ tsp ground turmeric
- ½ tsp ground coriander
- 1 tsp ground cumin
- 2 tbsp plain flour
- 1 tbsp olive oil
- a few springs of parsley or coriander, chopped

## To serve

Tortilla wraps or toasted pitta, feta cheese, jalapeno peppers, sliced tomato, sliced cucumber, coleslaw, humous, salad leaves, pickles (pick what you like, it's all optional!)

## Method

1. Preheat the oven to 200C/ 180C fan/ gas mark 6. Put all the ingredients, along with a little salt and pepper, into a food processor to combine them. You want the mixture to be quite smooth but with a little texture remaining. If you don't have a food processor, try a hand blender or you can also use a potato masher or fork to mash the chickpeas. Mash them well and then combine with the rest of the ingredients in a bowl using your hands to crush it all together.

2. Shape the mixtures into four burger shapes and flatten to about 1cm thick with your hands.

3. Put on a baking tray lined with greaseproof paper or lightly oiled foil. Cook for 30 mins, flip over carefully with a flat spatula and then cook for another 5 minutes or until golden. Allow to cool a little or totally and then use a flat spatula to pick up – they will be a little crumbly! Serve toasted pitta bread or tortilla wraps, feta cheese, jalapeno peppers, sliced tomato, sliced cucumber, coleslaw, humous, salad leaves, pickles.

