





Chickpea and Feta Burgers

with Lemon Yoghurt Sauce

 20-30min  4 Portions

This week, Marley Spoon recipe developer Katy Holder shares an exclusive recipe from her new cookbook, *Dinner Like a Boss*. "I'm a busy working mum of two boys," says Katy. "My kids happily eat anything when it's in a burger, so hopefully these great-tasting meat-free patties with nutty chickpeas, creamy feta and a lemon yoghurt sauce will get your kids eating more veggies, too."

What we send

- cumin and coriander spice blend
- feta ⁷
- carrot, lemon, tomato
- chickpeas
- garlic, parsley
- milk bread buns ^{1,3,6,7}
- Greek-style yoghurt ⁷
- panko breadcrumbs ¹
- mixed salad leaves

What you'll require

- egg ³
- olive oil
- sea salt and pepper
- sugar

Utensils

- foil
- large frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.

Nutrition per serving

Energy 690kcal, Fat 26.1g, Carbs 107.4g, Proteins 26.2g



1. Prepare ingredients

Crush or finely chop the **garlic**. Coarsely chop the **parsley**, including the stems. Drain and rinse the **chickpeas**. Put the the **parsley, chickpeas, ¾ of the feta, 1 tsp cumin and coriander spice blend** (reserve remainder for another use) and **¾ of the garlic** in a food processor and blend to a rough mixture.



4. Cook patties

Heat **2 tbs olive oil** in a large frypan over medium heat. Add the **patties** and cook for 2-3 mins until a crust forms, then turn and cook for a further 2 mins. Once the crust has formed, cook for 4 mins each side or until golden brown and cooked through (reduce heat to low if the patties are browning too quickly).



2. Make patties

Transfer the **chickpea mixture** to a bowl with the **breadcrumbs, 2 tbs yoghurt** and **1 egg**. Season with **salt and pepper** and combine well. Form into 4 patties, about 8cm in diameter. Chill for 5 mins in the fridge.



5. Toast bread

Preheat the oven grill to high. While the patties are cooking, cut the **bread buns** in half horizontally. Toast both sides under the grill until golden.



3. Make yoghurt sauce

Meanwhile, juice the **lemon**. Combine **1 tbs lemon juice, remaining yoghurt, remaining garlic, 1 tbs olive oil** and a **pinch of sugar** in a bowl, then season with **salt and pepper**. Peel and coarsely grate or shred the **carrots**. Thinly slice the **tomatoes**.



6. To get ready to serve

Spread a little **yoghurt sauce** over each **bread base**, then top with a **patty, salad leaves, tomato** and **carrot**. Sandwich with the **bread lids**. Serve the **remaining salad leaves, tomato and carrot** on the side with the **remaining feta** crumbled over the top. Drizzle the salad with **olive oil** to serve.