

# DINNERLY



## Chickpea and Feta Burgers with Zucchini Ribbons



20-30 minutes



2 Servings

Stuffed with epic chickpea, broccoli and feta patties and soft zucchini ribbons, these yum-alicious burgers will have you wishing it was meat-free Monday every day of the week.

## WHAT WE SEND

- 400g chickpeas
- 40g panko breadcrumbs<sup>1</sup>
- 2 milk buns<sup>1,3,6,7</sup>
- 100g feta<sup>7</sup>
- 1 zucchini
- 1 head broccoli

## WHAT YOU NEED

- egg<sup>3</sup>
- Australian honey
- olive oil
- salt and pepper
- white wine vinegar<sup>17</sup>

## TOOLS

- box grater
- foil
- medium frypan
- oven tray
- potato masher
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 910kcal, Fat 39.9g, Carbs 88.1g, Proteins 38.8g



### 1. Prep ingredients

Using **half of the broccoli**, grate the broccoli stems and finely chop the florets (the remaining broccoli won't be used in this dish). Rinse and drain the **chickpeas**.



### 2. Make patties

Roughly mash the **chickpeas** in a bowl. Add the **broccoli** and **1 egg**, crumble in **half of the feta** and stir well to combine. Add the **breadcrumbs**, season with **salt and pepper** and stir to combine. Using clean wet hands, shape the mixture into 2 flat patties.



### 3. Cook patties

Preheat the grill to high. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **chickpea patties** for 5 mins each side or until golden and warmed through.



### 4. Make zucchini ribbons

Meanwhile, peel the **zucchini** into ribbons. Put the **zucchini**, **1 tbs olive oil**, **2 tsp white wine vinegar** and **2 tsp honey** in a bowl, season with **pepper** and toss to combine.



### 5. Assemble and serve

Line an oven tray with foil. Cut the **buns** in half, put cut-side up on the tray and grill for 1-2 mins until toasted and warmed through. Crumble the **remaining feta** over the **zucchini** and gently toss to combine. Assemble the burgers with the **patties** and **zucchini mixture** and serve with any **remaining zucchini mixture** on the side.



### 6. Kitchen hack

Want to make your patties ahead of time? Simply prep, cover and refrigerate, then return to room temperature before cooking.