

DINNERLY



Chickpea and Feta Burgers with Zucchini Ribbons



20-30 minutes



4 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

- 2 x 400g chickpeas
- 2 zucchini
- 1 head broccoli
- 75g panko breadcrumbs¹
- 200g feta⁷
- 4 milk buns^{1,3,6,7}

WHAT YOU NEED

- egg³
- Australian honey
- olive oil
- salt and pepper
- white wine vinegar¹⁷

TOOLS

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

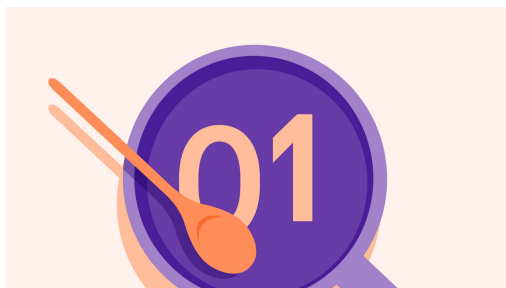
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

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

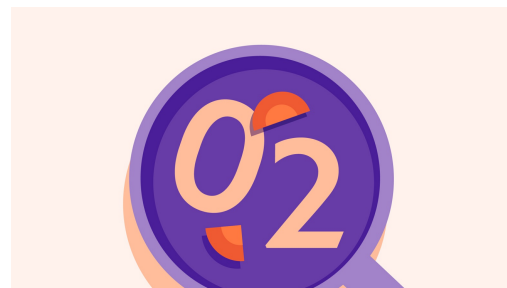
NUTRITION PER SERVING

Energy 905kcal, Fat 39.9g, Carbs 87.2g, Proteins 38.7g



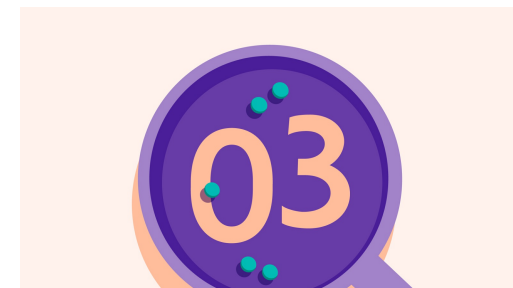
1. Prep ingredients

Grate the **broccoli** stems and finely chop the florets. Rinse and drain the **chickpeas**.



2. Make patties

Roughly mash the **chickpeas** in a bowl. Add the **broccoli** and **2 eggs**, 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 4 flat patties.



3. Cook patties

Preheat the grill to high. Heat **2 tbs olive oil** in a large 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**, **2 tbs olive oil**, **1 tbs white wine vinegar** and **1 tbs 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.