

## Chickpea Patties



### Part I

- 1 White onion – diced
- 2 Cloves garlic – diced
- ½ Tbsp+ cumin
- Couple dashes of black pepper
- Dash of salt

### Part II

- 2 Stalks green onions – chopped
- 1 Can of chickpeas
- ½ Lemon's worth of juice

### Part III

- 1 Egg
- ¼ Cup flour
- Pinch of salt

### **Instructions:**

1. Sauté all the ingredients from *Part I* over medium heat until the onion is soft (add more cumin to your liking). Remove from the heat and let it cool.
2. Combine the ingredients from *Part II* with the cooled off ingredients from part I. Blend together with a hand blender/food processor/etc.
3. In a separate bowl, whisk the egg and add the flour and salt.
4. Add the now-mixed ingredients from *Part III* to the blended mixture and blend together.
5. Line a baking sheet with parchment paper and spoon out the mixture into patties sized to your liking (recipe makes 6 medium sized patties, ~3 inches in diameter)
6. Bake at 425 for 20-25mins until golden brown, flipping the patties once around the 14 minute mark.
7. Note: you can also fry the patties in oil over medium (~2-3 mins per side)

### **Serving options:**

- As burgers
- Over quinoa salad with cucumber, tomatoes, and lemon dressing
- With hummus, and chopped assorted veg