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Mouthwatering Middle Eastern Style Chickpea Burgers

These are inspired by the many types of Moroccan patties, fritters, and burgers I have seen over the years. The rich taste and colours of Middle Eastern dishes just blows me away. I have created these with all these flavours and colours in mind, and heart. I hope you enjoy them as much as we did. They're very

easy to make, which is a great bonus ! I served mine in pitta bread, with my homemade yogurt and [tabbouleh](#). ENJOY !

Makes 8-10 burgers (depending on size)

INGREDIENTS

1 14oz (400g) tin chickpeas, washed and drained

2 slices brown bread, processed into breadcrumbs

2 spring onions, or 2 red shallots, roughly chopped

2 cloves garlic, or ½ tsp granulated garlic

2 Tbsp fresh parsley, or fresh coriander (cilantro)

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Share 1 Tbsp tahini (available in the US from [here](#), and in the UK from [here](#))

tsp ground cumin (available in the US from [here](#), and in the UK from [here](#))

tsp ground coriander (available in the US from [here](#), and in the UK from [here](#))

tsp garam masala (available in the US from [here](#), and in the UK from [here](#))

Tbsp fresh lemon juice

sea salt to taste (available in the US from [here](#), and in the UK from [here](#))

1 tsp either egg replacer (available in the US from [here](#), and in the UK from [here](#)), flaxseed (available in the US from [here](#), and in the UK from [here](#)), wheat gluten (available in the US from [here](#), and in the UK from [here](#)), or other thickener of your choice

METHOD

1. Process the parsley in your food processor until very small, then add the onion and garlic, and also process these until chopped small.
2. Now add half the chickpeas, and half of the breadcrumbs, together with the tahini, egg replacer or thickener, all the spices, salt, and lemon juice. Process these until a semi-sticky ball is formed. Then transfer this ball to a large bowl.
3. Meanwhile, add the remaining chickpeas to your processor, and process for a few seconds – just enough to break them down a little, but still leaving them intact. Then add them to your ball, together with the remaining unprocessed breadcrumbs. This way you should have a dense 'paste ball', with some

form from the breadcrumbs and the chickpeas.

4. Shape again into a large ball – it shouldn't be too sticky, but dense, dust with flour if you wish and cover it with cling-film. Let it rest in the fridge for an hour (or you can leave it in the fridge overnight for use the following day).

- 1** 5. Remove from fridge, shape into patty burgers, and fry until golden on each side.
Share 6. Serve in hot pitta bread, with grated carrots, and vegan plain yogurt, with a tabbouleh salad. Enjoy !

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Heavenly Nutty Chocolate Cups – No Bake

My Mum's Secret Beefless Finger Licking Stew



9 COMMENTS



Marina

October 26, 2013 at 4:06 pm

Hi, Miriam! This looks amazing and I would really like to give it a try. But I was wondering is there any substitution for breadcrumbs. Oats maybe? Thanks!

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Miriam

October 27, 2013 at 10:34 am

Marina Hi there, I suppose you could try a combination of oatmeal and any other absorbing cereal of your choice, if so, let me know how it all goes. Enjoy ! 😊



lee silverstein

December 13, 2013 at 8:00 pm

I AM A NEW VEGAN AFTER BEING A VEG FOR YEARS.I AM ALSO A NO SALT PERSON AFTER HAVING A HEMORHGIC STROKE.FOR THE FIRST TIME IN YEARS I AM EXCITED ABOUT YOUR FOOD THANKS TO YOU.TH MAG IS LOVELY BUT BECAUSE OF MY POOR COMPUTER SKILLS I HAVE LOST IT AND CAN NOT GET HELP FROM THEIR SITE.MAYBE YOU CAN HELP ME.WITH MUCH APPRECIATION,LEE SILVERSTEIN.I MADE TOU FAB VEGIE BURGER AND AM GOING TO MAKE IT AGAIN



Miriam

December 14, 2013 at 1:24 pm

Lee Hi there and welcome here. Worry not, you have my word, we will sort you out – just give us a day and check your emails later today ! 😊



Joe



December 29, 2013 at 2:15 pm

Hi Miriam

I need a good "sausage" recipe. Which would you recommend?

Thanks u s-Sena t-Tajba.

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Miriam

December 30, 2013 at 12:10 am

Joe Hi, I would recommend you purchase Linda McCartney's sausages – they taste delicious and are vegan. Most supermarkets stock them in Malta (by all means phone first) – they are to be found in the freezer section and come in a box of 6. They make great breakfast sausages, they can be baked and B'qued too ! Best your way and Happy New Year to you too Joe ! 😊



Sarlizelle

February 13, 2015 at 12:31 pm

I lurve these! I serve them with grated carrot, vegan mayo, green salad, peppers, all stuffed into the pitta bread: delicious!



Miriam

February 17, 2015 at 7:39 pm



Herc



September 16, 2016 at 8:32 am

Thank you, the article is great.

"My main hope for myself is to be where I am."

Woody Harrelson said , in an article i read here:

<http://animal-welfare.org/famous-vegan-celebrities-woody-harrelson/>

Celebrities can lead more people into veganism and cruelty-free lifestyle in general.

What do you think about that?

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