



# Chickpea and sweetcorn burgers

Serves	4
Prep	5 minutes +30mins chill
Cooking	5 minutes

## Ingredients

- 1 tin of chickpeas
- ½ tin of sweetcorn
- 1 tsp of finely chopped spring onions/onions
- 1 tsp smoked paprika
- 1 tbsp lemon juice
- 2 tbsp flour
- 2 tbsp oil

## Method

1. Tip the chickpeas into a bowl and mash. Stir in all the dry ingredients and mix well. Chill in fridge for 30 minutes.
2. Divide the mixture into 4 and form into a burger shape, brush the burgers with oil and place in hot frying pan. Cook until crisp and hot all the way through.
3. Serve burgers with rolls and salad with sweet chilli sauce.

