

# Yellow Pea Veggie Burgers

Ingredient	Amount
yellow pea soup mix, cooked	1 cup
chickpeas, cooked	1 cup
green onion	1 ea
red pepper, diced	1/2 ea
salt	1/2 tsp
cumin	1/4 tsp
turmeric	1/4 tsp
red chili flakes	1/4 tsp
lemon, zest of	1 ea
garlic clove, chopped	1 ea
cilantro, chopped	1/4 cup
flour, oat bran, chickpea flour	1/4-1/2 cup
vegetable oil, for frying	

1. cook soup mix following the instructions on the packaging but only using 1/2 the water.
2. drain any excess water once peas are done cooking and are tender.
3. place into a food processor with all of the other ingredients except the flour and vegetable oil.
4. pulse to coarsely grind the mixture.
5. transfer to a mixing bowl and chill in the fridge for at least 15-20 min.
6. taste and adjust the salt.
7. if the mixture is too wet to form patties, add a bit of the flour at a time mixing gently to combine.
8. form patties into balls and gently press flat. \*optional: coat the patty in breadcrumbs for a crispier crust.
9. pan fry over medium-high heat with a bit of oil for 3-4 minutes per side.