

Indian Curry Veggie and Chickpea Burgers

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-green-curry-recipe-indian>

Ingredients:

- 1 3/4 cups chickpeas or 1-14 oz. can, cooked, rinsed and drained
- 1 medium carrot
- 2 cups spinach lightly packed
- 1/4 cup fresh cilantro
- 3 garlic cloves
- 2 scallions coarsely chopped
- 1/2 cup panko breadcrumbs
- 1/4 cup chickpea flour
- 3 tablespoons lemon juice
- 1 tablespoon ground flax seeds
- 2 tablespoons olive oil
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup Tahini
- 1/4 cup lemon juice
- 2 tablespoons fresh cilantro
- 1 tablespoon soy sauce or tamari
- 3 teaspoons Sriracha 1-, or to taste
- 4 burger buns
- greens choice
- onion sliced

Nutrition:

1. Calories: 470 calories

2. Carbohydrate: 63 grams
 3. Fat: 19 grams
 4. Fiber: 9 grams
 5. Protein: 15 grams
 6. SaturatedFat: 3 grams
 7. Sodium: 1000 milligrams
 8. Sugar: 7 grams
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