



## Recipe Sheet: Cauliflower and chickpea burgers with homemade salsa and chilli potato wedges

### Ingredients – Serves 4-6

1 tin chickpeas, drained but also keep the water  
1 medium head cauliflower  
4-5 tbsp gram (chickpea) flour  
5 tbsp chickpea water from the tin  
1 small onion, finely chopped  
2 small cloves of garlic, finely chopped  
1 small red pepper, finely chopped  
1 tsp garam masala  
1 tsp turmeric powder  
1 tsp hot chilli powder (or to taste)  
Salt and pepper  
Garlic mayo or soured cream

### Method

Cut the cauliflower into small florets and steam until tender.

Fry the onion, garlic and pepper until the onions are translucent.

Add the spices and fry for a minute until fragrant. Leave aside.

In a food processor, pulse the chickpeas and onion mix together. Do not puree. Few seconds pulse will be enough. Then add in cauliflower and pulse until roughly combined.

In a bowl, combine the chickpea water and gram flour and stir until combined (not too thick).

Add the pulsed vegetables into the bowl and gently combine together. Then form the mixture into large balls (normally around 6-8 balls) and squish into patty/burger shapes onto the tray.

Bake in the oven for 10 minutes, then turn over, to bake for another 10 minutes.

Serve with salad, in grilled brioche buns and soured cream on the side, and homemade salsa and chilli potato wedges.

### Salsa

6 ripe tomatoes  
1 big bunch of fresh coriander

2 fresh green chillies  
1 large clove of garlic  
1 lime  
Extra virgin olive oil

Finely chop the tomatoes and coriander (stalks and all) and place into a large bowl.

Then chop the chillies, and grate garlic. Add in the bowl.

Then squeeze lime, 2 tbsp extra virgin olive oil, and mix well. Season well with sea salt, black pepper, and more lime juice, if desired. They develop better taste after few hours.

### **Potato wedges**

One large potato per person  
1 tsp Hot chilli powder  
Chilli infused olive oil

Cut the potatoes into wedges.

Mix it with olive oil, hot chilli powder and salt and pepper.

Spread all over on a good baking tray, and bake in oven for half an hour at temperature 210c. You might want to turn them over half way cooking.