

## VEGAN BURGER

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### Ingredients (4 servings)

400g chickpeas (can) – 240g drained  
1 garlic clove (crushed)  
1 carrot peeled and grated  
4 mushrooms  
50g sundried tomatoes (cut in small pieces)  
1 tsp ground coriander  
½ tsp paprika  
salt & pepper  
2 eggs  
80g chickpea flour

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### Method

1. Wash the chickpeas and put in a large bowl. Mash them with a fork.
2. Add all the ingredients without the oats.
3. Mix everything well and mash everything as much as possible.
4. Add the chickpea flour.
5. With your hands, mix everything such that everything is combined.
6. Divide into 4 patties.
7. Heat a skillet with some 1 calorie olive oil spray and cook the patties from both sides.