



FALAFEL BURGERS WITH PICKLED ONION, RED CABBAGE, CUCUMBER RIBBONS, SRIRACHA & HERB YOGHURT

A healthy but filling burger packed full of flavour to satisfy vegans and non vegans alike!



PREP TIME
15 MIN



COOK TIME
8 MIN



SERVINGS
4

Ingredients

- 2 x 400g cans of chickpeas, rinsed & drained
- 1 bunch of scallions, roughly chopped
- 2 cloves of garlic, peeled
- 20g flat leaf parsley
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp chilli flakes
- 3 tbs of gram flour
- salt and ground black pepper
- 4 brioche buns or round pittas

Toppings

- 60g red cabbage
- 20g pickled red onion
- 40g cucumber ribbons
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Sriracha Herb yogurt

- 60g plain yogurt, dairy free
- 1 tbs flat parsley, finely chopped
- 1 tsp dill, finely chopped
- 1 tbs apple cider vinegar
- 60g [Blenders Sriracha](#)
- 60g [Blenders Vegan Mayo](#)

Method

1. In a food processor add the chickpeas, scallions, parsley, garlic, cumin, ground coriander, chilli flakes, gram flour and seasoning. Blend together to form a stiff paste. Divide into four burgers, 1.5 cm thick. Chill for 4-6 hours.
2. Mix all Sriracha Herb Yogurt ingredients together and season to taste.
3. Pan-fry the burgers for 3-4 mins on each side until crispy.
4. Lightly toast the brioche buns and spread sriracha herb yogurt on the inside of each. Fill with red cabbage, cucumber ribbons, pickled red onion and top with the falafel patty.
5. Drizzle with the Sriracha Herb yogurt and serve.

Allergens

Contains Gluten, Soybeans, Mustard