KIKKOMAN

Chickpea burgers

Total time **500 mins** **10 mins** preparation time **480 mins** marinating time **10 mins** cooking time

Nutritional facts (per portion):
1136 kJ / 271 kcal

Fat: **9.5 g** Protein: **12.5 g**
Carbohydrates: **36.9 g**

INGREDIENTS

6 portion(s)

300 g	chickpeas
2 tbsp	water
1	egg
1	clove garlic
3 tbsp	flour
0.5 tsp	baking powder
0.5 tsp	bicarbonate of soda
3 tbsp	Kikkoman Naturally Brewed Organic Soy Sauce
1 tsp	cumin
	Black pepper
	Olive oil

PREPARATION

Step 1

Soak the chickpeas in water for 8 hours. Stir the soaked chickpeas with the water, egg, crushed garlic, flour mixed with baking powder and bicarbonate of soda, soy sauce and spices. Heat the oil in a frying pan and use a spoon to shape the burgers before frying for a couple of minutes on each side until they are golden brown.

Step 2

Serve with some kind of sauce, e.g. natural yoghurt mixed with herbs.