



Carrot and Chickpea Burgers

Makes 4



Ingredients needed:

600g grated carrot

1 tin of drained chickpeas

1 finely chopped red onion

50g of fresh coriander

Sprinkle of salt and pepper

1 egg



Method:

The ingredients all need blitzed together; for anyone who doesn't have a food mixer/processor this can be molded with our hands - it'll just get a little messy

Create 4 burger patties and then fry off in a frying pan with a little oil!

These won't take long at all to cook, 4 mins each side or so

Serve on a bun of your choice or on a bed of salad.

A fresh chilli or chilli powder can also be added to the mix if you like spice.



Greenhouse Gasses

Total overall recipe **1.5kg CO2e**

Total per serving **375g CO2e**

CO2e per serving is equivalent to driving **1.26 miles** in an average UK petrol car

