



# QUINOA VEGAN BURGER



## Ingredients

- 1 cup cooked Tipiak quinoa
- 1 cup cooked chickpeas
- 1 cup processed/cubed veggies (kale, aubergine, onions, carrots etc)
- ¼ cup chickpea flour (or flour of choice)
- 1 tsp curry powder
- ½ t cumin
- ½ tsp cayenne pepper
- Salt and pepper to taste

## Method

1. In a larger bowl, combine all ingredients to form the burger mixture (add a dash of water to help incorporate mixture if needed).
2. Form into 6-8 burgers at the desired thickness. In a skillet heated over medium heat, add a dash of cooking oil/spray and cook burgers until each side is golden brown.
3. Place finished burger on your favourite toasted bun, load on the toppings (lettuce, tomato, avocado, hot sauce, etc..), and ENJOY!



*It's all about  
the recipe*