

Falafel Burgers

This recipe makes about 14 burgers, the idea is to make extra so you can freeze them. This way when you are short on time you don't have to reach for something unhealthy just because it is fast. The frozen patties can be cooked in about 10 minutes. Offering a great alternative to processed readymade food.



Prep time
25 min

Cook time
10 min

Ingredients

4 jars of chickpeas (880 g)
1 red onion
200g temphe (optional)
4-5 cloves of garlic
2 very big handfuls of fresh cilantro
3 Tbsp spelt flour
¼ cup chickpea flour
1 tsp baking powder
½ Tbsp cumin
½ Tbsp dried coriander
1½ Tbsp paprika
Salt and pepper to taste
2 Tbsp olive oil
Juice from ½ a lemon

Serves 14

Directions

1. In a food processor coarsely grind the chickpeas, onions, and temphe, if you are using it.
2. Finely chop the fresh cilantro and garlic and in a large bowl mix it together with the chickpeas and onions.
3. Mix the flours with the baking powder cumin, coriander, paprika, salt and pepper and add to the bowl.
4. Add in the lemon juice and olive oil.
5. Refrigerate for an hour or so and then form into burgers. If you are tight on time you don't have put the mixture to the refrigerator, it just helps when forming the burgers.
6. It makes about 14 burgers that weigh, on average 85 grams.
7. Heat up a pan to medium, add a drop or two of oil and cook each side for 5minutes, until just browned.
8. For freezing, there are two options. I use containers and I stack up the burgers separated by baking paper so they don't stick to one another. Or you can lay the burgers on a tray and freeze them. Then once frozen, transfer them to a large bag that can be sealed.

Cook's tips

If you are looking to make gluten free burgers just replace the spelt flour with either more chick pea flour or any gluten free grain such as rice or millet.

I put the temphe as optional because it does a great job of adding more depth to the flavor and firming the burgers a bit. Yet, it is not found and traditional falafels and the recipe is equally as good without it.

Food News

When taken in combination with chlorella, cilantro offers impressive detoxification properties with regards to heavy metals. We are all exposed to heavy metals through the environment, from foods we eat, as well as mercury fillings, if you still have any. If you are looking to detox look into incorporating more chlorella and cilantro in your diet.

