

Veggie Burger

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If you're totally vegetarian or trying to increase the meatless days in your week, you've probably discovered by now that one of the big summertime pleasures in America – the burger patty on the grill – becomes tough to do without meat. Or does it?

By Meera Vasudevan Serves 6 | Prep time: 20 minutes | Cook time: 20 minutes












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INGREDIENTS:

- 
2 lbs potatoes – boiled, coarsely mashed
- 
1 can chickpeas or 12 oz cooked chickpeas, coarsely mashed
- 
1 small bunch fresh parsley or cilantro leaves – finely chopped
- 
 $\frac{1}{2}$ onion – finely diced
- 
1 tsp cumin powder
- 
 $\frac{1}{2}$ tsp red chili powder or paprika powder (depending on your 'heat' tolerance)
- 
 $\frac{1}{2}$ teaspoon salt
- 
2-3 tsp lemon juice
- 
1 cup breadcrumbs

PREPARATION:

4-step Method:



Combine all the above in a bowl gently, adding the breadcrumbs at the end and mixing through.



Form burger patties by hand



Cover patties and refrigerate for 1 – 2 hours. It can be left in the fridge overnight if you wish to make it a day ahead.



Spray oil on your grill pan or stovetop skillet, set out the patties and grill until nicely browned and sizzling, flipping once midway to get both sides evenly grilled. Add a little oil to the flipped over the side as needed, so it does not burn or get dry. If using the broiler in your electric oven, set on 'High' and grill for about 15 minutes or until well browned and then flip over and grill the other side until well browned.

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