



GREEN GARDEN VEGGIE BURGER

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 900/SERVING



These veggie and plant-protein packed burgers pack a serious flavour punch. Paired with creamy mashed avocado, fresh summer tomatoes, crisp lettuce, and pickled red onion on soft buns, with an easy side salad for a satisfying meal.

WHAT YOU'LL NEED

- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE 2 servings 4 servings

Chickpeas	1 cup	2 cups
Zucchini	1	2
Shallot	1	2
Ginger	1 inch	2 inches
Garlic	2 cloves	4 cloves
Green onion	1	2
Burger buns	2	4
Dry mix	1/2 cup	1 cup
Pickled red onions	1/4 cup	1/2 cup
Tomato	1	2
Romaine heart	1	1
Avocado	1	2
Dressing	1/4 cup	1/2 cup



Prep your ingredients: rinse **chickpeas**, grate the **zucchini**, mince the **shallot**, **ginger** and **garlic**, thinly slice the **green onion** and **tomato**, mash the **avocado**, and roughly chop most of the **lettuce**, leaving some whole leaves aside for the burger.



Warm 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **shallot**, **ginger**, **garlic** and sauté for a few minutes. Add the **chickpeas** and cook for 1-2 minutes until heated through.



Transfer the **chickpea mixture** to a large bowl and mash with a fork until coarsely mixed. Add the **green onion**, **zucchini**, and **dry mixture**. Mix well to combine. Taste and season with **salt** and **pepper** as needed. Form into 2 patties (4 patties for 4 servings).



Warm 1 tbsp of **oil** (2 tbsp for 4 servings) in the same pan over medium low. Once hot, add the **patties** and fry each side for 3-4 minutes until golden. Reduce heat to low and continue to cook for 8-12 minutes on each side until burgers are cooked through. In the last couple minutes, toast the **buns**.



Add **half the tomato** to the **chopped lettuce** along with the **dressing** and toss to combine. Place **burgers** on **buns** and top with **tomatoes**, **pickled onions**, **avocado**, and **lettuce leaves**.

Nutrition Facts		Valeur nutritive	
Per (660 g)			
Pour 1 (660 g)			
Calories 900		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 50 g			67 %
Saturated / saturés 7 g			35 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 99 g			
Fibre / Fibres 22 g			79 %
Sugars / Sucres 11 g			11 %
Protein / Protéines 23 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 2250 mg			98 %
Potassium 1550 mg			33 %
Calcium 200 mg			15 %
Iron / Fer 8.5 mg			47 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			