



This burger is packed with flavour, soft and chewy and not your typical veggie burger. The spicy tomato savoury spread pulls together the flavours of the sweet potato and chickpea, making this a family favourite. These burgers are incredibly versatile as they cook well from frozen, when frozen raw or baked. Once frozen, they are also easily pan fried or baked on a rainy day, or cooked outside on the grill.

Spicy Sweet Potato Chickpea Burger

Serves 8

Burger Ingredients:

- 1 540ml can chickpeas
- 2 cups packed grated sweet potato
- 1 small onion grated
- 1 cup panko breadcrumbs
- 3/4 cup spicy tomato relish
- 2 eggs
- 2 tbsp lemon juice
- 1/2 tsp ground cumin
- 1 tsp sea salt

Directions:

- Preheat the oven to 350°F.
- Rinse and drain the chickpeas and spread them on a parchment paper-lined baking sheet. Place in the oven to dry for about 5 minutes. Remove from oven and let cool enough to handle. Using a rolling pin, crush the chickpeas and flatten into flakes. Mix them up so they are a crumbled mixture.
- Add chickpeas to a large mixing bowl, along with the grated sweet potato, onion, and breadcrumbs, mixing well to evenly combine.
- In a small bowl whisk together the tomato relish, eggs, lemon juice, cumin and sea salt. Pour over the chickpea-sweet potato mixture, and using your hands, mix well to make a fully combined soft mixture, ensuring the wet ingredients are evenly spread throughout.
- Cover a baking sheet with parchment paper and drizzle with a little olive oil to grease. Form the mixture into 8 patties, placing each on the prepared baking sheet.
- Place in preheated oven and bake for 10 minutes. Remove from the oven, carefully flip the burgers using a wide spatula, bake another 5 to 8 minutes until golden and crisp on the outside and soft in the centre.
- To make the pickled onions, thinly slice the red onion. In a small bowl, whisk together vinegar, sugar and salt. Add the onions and add just enough water to cover them, about 4 tbsp. Let sit 30 minutes to soften.
- Slice and toast the buns. Slice the avocado and tomato. Place a slice of lettuce and two slices of tomato on the bottom burger bun. Top with one burger. Spread the burger with some spicy tomato savoury spread then top with pickled onions and avocado. Spread the top bun generously with burger sauce before toping the burger.
- Once assembled, enjoy the burger immediately.
- Burgers can be frozen raw, or cooked, in an airtight container for up to 6 months. Once frozen they can be grilled on the barbecue, or pan fried to cook through.

Other Ingredients:

- 8 burger buns
- 2 avocados
- 2 tomatoes
- 8 lettuce leaves
- 1/2 cup Spicy Tomato Savoury Spread
- 1 cup burger sauce

Pickled Red Onion Ingredients:

- 1 small red onion
- 2 tbsp cider vinegar
- 1 tsp sea salt
- 2 tsp sugar

Triple-O-Burger Sauce:

- 1/2 cup greek style yogurt
- 1/4 cup mayonnaise
- 1/4 cup Spicy Tomato Savoury Spread
- 2 tbsp Candied Jalapeño Relish

This better-than-triple-o-burger sauce is spicy, creamy, and all things delicious. Keep a jar in the fridge all summer and use always.

- Whisk together the yogurt and mayonnaise to fully combine. Mix in the spicy tomato savoury spread and Candied Jalapeño Relish.
- Keep in an airtight container in the fridge for up to 1 week. Use generously on burgers, sandwiches or as a fry dip.