

Thai Chickpea Burgers with Sweet & Spicy Sauce

MAKE-AHEAD TIPS: Patties can be frozen for up to a month or refrigerated 3-4 days. Sauce can be refrigerated 3-4 days.

CHICKPEA PATTIES

- 1 15-ounce can chickpeas, drained & rinsed
- 1 small onion, chopped
- 2 cloves garlic
- 1 teaspoon fresh grated ginger
- ½ small jalapeno (or more if you like it spicy)
- ¼ cup packed fresh cilantro
- ½ cup breadcrumbs
- 1 tablespoon lime juice
- 2 tablespoons canola oil

SWEET & SPICY SAUCE

- 1 6-ounce can tomato paste
- 2 tablespoons olive oil
- 2 tablespoons water
- 3 tablespoons agave
- 1 teaspoon white or apple-cider vinegar
- ½ teaspoon crushed red pepper
- ¼ teaspoon salt

- Burger buns
- Sliced avocado

Burgers: Place chickpeas, onions, garlic, ginger, jalapeno, cilantro, breadcrumbs, lime juice, and salt in a food processor and pulse until just combined, stopping often to scrape down the sides. Form the mixture into 6 burger patties

In a large nonstick skillet, heat oil over medium-high heat and pan-fry patties, cooking 3-5 minutes on each side. Once patties are browned, remove from heat and drain on paper towels.

Sauce: In a blender, puree tomato paste, oil, water, agave, vinegar, red pepper, and salt. Adjust to taste.

Layer the burgers, sauce, and avocado slices on the buns.