



NUT BURGER

Ingredients

For 2 people

170g finely chopped walnuts
170g sunflower seeds
340g canned chickpeas
85g diced red onion
1 beaten egg
1 tbsp fresh parsley
1/4 tsp ground black pepper
1 tbsp salt-free herb seasoning blend
2 tbsp olive oil
2 slices mild Cheddar cheese
1 pita bread round
85g prepared Ranch salad dressing
2 leaves romaine lettuce
1 medium tomato
1/2 avocado

Steps

- 1.** Place walnuts and sunflower seeds in a dry skillet over medium heat. Cook, stirring occasionally until lightly toasted and fragrant, about 5 minutes.
- 2.** In a medium bowl, mash garbanzo beans with a fork, or chop in a food processor. Stir in the onion, egg, parsley, and toasted nuts. Season with pepper and seasoning blend, and mix well.
- 3.** Heat olive oil in a skillet over medium heat. Divide the bean mixture into 2 patties, and fry in the hot oil for about 3 minutes on each side, or until well browned and heated through. Place a slice of cheese over each patty, and remove from heat.
- 4.** Place the pita round in the same dry skillet the nuts were in, and heat for about 1 minute on each side. Cut the round in half, spread ranch dressing inside of each, and line the pockets with romaine leaves. Place a cheesy patty into each one, and top with sliced tomato and avocado. Serve with tortilla or potato chips.