Chickpea & Lentil Burgers

Season: All

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: carrot, coriander, garlic, onion

Equipment:

metric measuring scales,
  cup and spoons
clean tea towel
chopping board
cook's knife
grater
small frying pan, for dry-roasting
wooden spoon
mortar and pestle
food processor
large bowl
large plate
2 large frying pans
baking tray
baking paper
2 egg flips

Ingredients:

2 × 400 g tins chickpeas, drained,
  or 250 g chickpeas cooked in advance
2 × 400 g tins brown lentils, drained,
  or 250 g brown lentils cooked in advance
3 small carrots, grated
1 brown onion, peeled and finely chopped
5 garlic cloves, peeled and crushed
2 small handfuls of coriander, finely chopped
2 tsp fennel, dry-roasted and ground
4 tsp cumin, dry-roasted and ground
4 tsp coriander seeds, dry-roasted and ground
1 tsp sea salt
black pepper, to taste
2 tbsp tahini (optional)
2 eggs
4 tsp vegetable stock
2 cups polenta
4 tbsp olive oil

What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine all ingredients in the large bowl except the polenta and olive oil.
4. Mix well, then place half of the mixture into the food processor and pulse till roughly chopped (you should try to retain some texture, rather than puréeing it).
5. Combine the mixture from the food processor with the non-processed portion and mash them together with your hands.
6. Scatter the polenta over a large plate.
7. Shape patties using about a ¼ cup of mixture per patty. (Make enough for each diner.)
8. Roll each patty in the polenta to coat it.
9. Heat two large frying pans, each with half the olive oil over medium heat.
10. Cook the patties until golden, then place on a baking tray lined with baking paper.
11. Bake the patties in the oven for 15 minutes to cook through.