
Falafel Burgers

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Food Network magazine - July/August 2021

Servings: 4

Preparation Time: 40 minutes

Start to Finish Time: 1 hour 10 minutes

FOR THE CABBAGE SALAD

2 cups shredded red cabbage

2 tablespoons extra-virgin olive oil

1 tablespoon lemon juice

1 teaspoon honey

1/4 cup chopped fresh mint

Kosher salt

freshly ground black pepper

FOR THE TAHINI SPREAD

1/4 cup tahini

1 tablespoon lemon juice

Kosher salt

freshly ground black pepper

FOR THE BURGERS

1/4 onion, roughly chopped

3 scallions, roughly chopped

1 clove garlic, smashed

1 cup fresh parsley, roughly chopped

1 teaspoon ground cumin

1 teaspoon ground coriander

Kosher salt

freshly ground black pepper

2 cans (15 ounce ea) chickpeas, drained and rinsed

1/2 cup chickpea flour

1/3 cup olive oil (for frying)

4 sesame hamburger buns

sliced dill pickles and pepperoncini (for topping)

Make the cabbage salad: Toss the cabbage, olive oil, lemon juice, honey and mint in a medium bowl. Season with salt and pepper.

Make the tahini spread: In a bowl, whisk together the tahini, lemon juice and 1/4 cup of water. Add up to two more tablespoons of water until the mixture is the consistency of mayonnaise. Season with salt and pepper.

Make the burgers: In a food processor, combine the onion, scallions, garlic, parsley, cumin, coriander, 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Pulse until finely chopped. In a small bowl, mash 1/2 cup of chickpeas with a fork. Set aside.

Add half of the remaining chickpeas to the food processor and pulse until finely chopped (the mixture should look smooth but not pasty). Add the remaining whole chickpeas and pulse until roughly chopped (a few chickpeas may remain whole).

Transfer the food processor mixture to a large bowl. Add the chickpea flour and the reserved mashed chickpeas. Fold together with a rubber spatula until well combined. Form the chickpea mixture into four four-inch-wide patties (1/2 to 3/4 inch thick). Place on a plate lined with wax paper. Loosely cover and chill for at least 30 minutes or up to overnight.

Heat the olive oil in a large nonstick skillet over medium heat. Add two patties. Cook until dark brown and crisp, about 4 minutes. Carefully flip and cook until the other side is browned and the patties are hot in the center, 3 to 4 more minutes. Repeat with the remaining patties. Spread the tahini spread on the buns.

Serve the burgers on the buns with the cabbage salad, pickles and pepperoncini.

Sandwiches

Cholesterol; 307mg Sodium. Exchanges: 6 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.