

Spiced Chickpea Burgers

with Vadouvan Sweet Potatoes & Lemon Yogurt Sauce

Vadouvan is a French spin on masala, a wide-ranging Indian blend of herbs and spices. Like masala, it contains curry and both garlic and onion powders, but the French added ingredients like dried shallot to the mix. We're dusting sweet potato rounds and whole chickpeas with vadouvan and then roasting them as a side for chickpea burgers, seasoned with the same blend. The bright, aromatic flavors of vadouvan permeate the whole dish.



Ingredients

- 2 Whole Wheat Buns
- 1½ Cups Cooked Chickpeas
- ¼ Cup Plain Greek Yogurt
- 2 Cloves Garlic
- 1 Lemon
- 1 Persian Cucumber
- 1 Pound Sweet Potatoes
- 1 Yellow Onion

Knick Knacks

- 2 Tablespoons Chickpea Flour
- 1 Tablespoon Vadouvan Curry Powder
- ¼ Cup Grated Parmesan Cheese

Makes 2 Servings

About 500 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Halve the buns. Drain and rinse the chickpeas. Transfer $\frac{2}{3}$ of the chickpeas to a large bowl and smash with a fork; leave the remaining chickpeas whole. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste. Quarter and deseed the lemon. Thinly slice the cucumber. Cut the sweet potatoes into $\frac{1}{2}$ -inch-thick rounds. Peel and small dice the onion. In a medium bowl, combine the **yogurt, the juice of 2 lemon wedges** and $\frac{1}{4}$ of the **garlic paste**; drizzle with olive oil and stir to thoroughly combine. Season with salt and pepper to taste.

2



Roast the sweet potatoes & chickpeas:

Place the **sweet potatoes** and **whole chickpeas** on a sheet pan. Drizzle with olive oil and season with salt, pepper and $\frac{1}{3}$ of the **vadouvan curry powder**; toss to thoroughly coat. Arrange in a single, even layer and roast 18 to 20 minutes, or until the sweet potatoes are slightly browned and tender and the chickpeas are slightly crispy. Transfer to a plate.

3



Cook the aromatics:

While the sweet potatoes and chickpeas roast, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **onion, remaining garlic paste, and remaining vadouvan curry powder**. Cook, stirring occasionally, 3 to 5 minutes, or until softened and fragrant. Transfer to the bowl of smashed chickpeas. Wipe out the pan.

4



Form the patties:

While the sweet potatoes and chickpeas continue to roast, add the **chickpea flour** and **Parmesan cheese** to the bowl of **smashed chickpeas** and cooked aromatics; season with salt and pepper. Mix until thoroughly combined. When cool enough to handle, using your hands, divide the mixture in half; shape into two 1-inch-thick patties.

5



Cook the patties:

While the sweet potatoes and chickpeas continue to roast, in the same pan used to cook the aromatics, heat 2 teaspoons of olive oil on medium-high until hot. Carefully add the **patties**. Cook 3 to 4 minutes per side, or until browned and heated through. Remove from heat. Set aside in a warm place.

6



Toast the buns & plate your dish:

In the pan used to cook the patties, heat 2 teaspoons of olive oil on medium-high until hot. Add the **buns**, cut sides down. Toast 3 to 4 minutes, or until golden brown. Transfer to a clean work surface. Place the **cooked patties** on the toasted bun bottoms. Top each with the **lemon yogurt sauce, cucumber** and the bun tops. Garnish with the **remaining lemon wedges**. Serve with the **roasted sweet potatoes and chickpeas** on the side. Enjoy!