

# Homemade Veggie Burgers

*with Miso Cabbage & Carrot Slaw*

You'll use black chia seeds and mashed chickpeas to form fresh, satisfying veggie burgers. Chia seeds, known far and wide for their nutritional value, come from a plant in the mint family. Though they lack the trademark minty flavor, chia seeds are a little sweet and delightfully crunchy, making them the perfect addition to these burgers.



## Ingredients

6 Ounces Silken Tofu  
2 Cloves Garlic  
2 Potato Rolls  
1 Carrot  
1 Large Bunch Cilantro  
1 Shallot  
½ Cup Cooked Chickpeas  
¼ Head Green Cabbage  
½ Cup Panko Breadcrumbs  
1 Tablespoon Chia Seeds  
2 Tablespoons Mayonnaise  
2 Tablespoons Hoisin Sauce  
2 Tablespoons Mirin  
2 Tablespoons Rice Vinegar  
1 Tablespoon White Miso Paste  
2 Teaspoons Sesame Oil

Makes 2 Servings

About 700 Calories Per Serving



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Recipe #364

## Instructions



1

### *Prepare the ingredients:*

Wash and dry the fresh produce. Add the tofu to a small bowl and whisk until smooth. Peel and mince the garlic and shallot. Slice the buns in half horizontally. Peel and cut the carrot into thin matchsticks. Pick the cilantro leaves off the stems; discard the stems. Place half the cilantro leaves in a small bowl. Finely chop the remaining leaves. Finely chop the chickpeas then, using the flat side of a knife, smash until smooth. Remove and discard the core of the cabbage; thinly slice the leaves.



2

### *Make the slaw & the sauce:*

In a medium bowl, combine the **cabbage, carrot, miso paste, rice vinegar, sesame oil, mirin, half of the garlic and half of the finely chopped cilantro**. Drizzle with olive oil and toss until well combined. Season with salt and pepper to taste. In a separate, small bowl, combine the **mayonnaise and hoisin sauce** and set aside.



3

### *Form the burgers:*

In a medium bowl, combine the **tofu, mashed chickpeas, shallot, chia seeds, panko breadcrumbs, remaining garlic and remaining finely chopped cilantro**. Mix until thoroughly combined and season with salt and pepper. Using your hands, divide the mixture into 2 equal parts and flatten into patties.



4

### *Cook the burgers:*

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **burgers** and cook 3 to 5 minutes per side, or until golden brown and crispy. Transfer the cooked burgers to a plate and wipe out the pan.



5

### *Toast the buns:*

In the same pan used to cook the burgers, heat 1 teaspoon of olive oil on medium until hot. Add the **buns**, cut-side down, and toast for 2 to 3 minutes, or until golden.



6

### *Plate your dish:*

Lay the **toasted buns** out on a work surface. Spread a thin layer of the **hoisin-mayonnaise** onto both halves of each toasted bun. Place a **burger** onto each bun bottom. Top each burger with the **cilantro leaves**. Complete the burgers with the tops of the buns. Serve with the **carrot and cabbage slaw** on the side. Enjoy!