

# Chickpea Veggie Burgers

*with Garlic-Basil Aioli & Grilled Potato Wedges*

Plunge into summer with this hearty vegetarian dish. You'll be making tasty, wholesome veggie burgers then slathering them with a zesty aioli. Aioli is a traditional Provençal sauce made with plenty of garlic and bright lemon. It's creamy and delicious. If you don't use it all for the burgers, it also makes a perfect condiment for these herbed potato wedges.



## Ingredients

- 6 Ounces Silken Tofu
- 2 Cloves Garlic
- 2 Potato Buns
- 1 Bunch Basil
- 1 Bunch Thyme
- 1 Lemon
- 1 Shallot
- ½ Cup Cooked Chickpeas
- ½ Head Boston Lettuce
- 2 Tablespoons Mayonnaise
- 1 Pound Red Potatoes
- 1 Tablespoon Chia Seeds
- ½ Cup Panko Breadcrumbs

Makes 2 Servings  
About 645 Calories Per Serving



# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Place the tofu in a small bowl and whisk until smooth. Peel and mince the garlic; then, using the flat side of your knife, smash until it resembles a paste. Slice the buns in half horizontally. Pick the basil and thyme leaves off the stems; discard the stems. Roughly chop the thyme leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest. Quarter the lemon and remove the seeds. Peel and mince the shallot. Finely chop the chickpeas; then, using the flat side of your knife, smash to form a rough paste. Cut out and discard the core of the lettuce; separate the leaves.



## Make the aioli:

In a small bowl, combine the **mayonnaise**, a **pinch of garlic paste**, the **juice of 2 lemon wedges** and **half the basil** (chopping or tearing the leaves just before adding). Stir in a drizzle of olive oil and season with salt and pepper to taste. Set aside as you continue cooking.



## Marinate & grill the potatoes:

Preheat your broiler or your grill on a medium-high flame. (Or use a stovetop grill pan on medium-high. If broiling, use a broiler pan or a broiler-safe dish set at least 4 inches away from the heat source.) Cut the **potatoes** into wedges and toss with the **thyme**, **lemon zest**, a **pinch of garlic**, **half the shallot** and a drizzle of olive oil. Season with salt and pepper. Grill the potatoes 14 to 16 minutes, flipping halfway through, or until grill marks appear and the potatoes are cooked through. Transfer the grilled potatoes to a plate.



## Form the burgers:

While the potatoes cook, in a medium bowl, combine the **tofu**, **mashed chickpeas**, **chia seeds**, **panko breadcrumbs** and the **remaining shallot**, **garlic paste** and **basil** (tearing or chopping leaves just before adding). Season with salt and pepper and stir until just combined. Using your hands, form the mixture into 2 patties.



## Cook the burgers:

Gently rub a little olive oil onto the outsides of the **veggie patties** and grill 4 to 6 minutes per side, or until cooked through and firm. Transfer the cooked burgers to a plate.



## Toast the buns & plate your dish:

Grill the **buns**, cut side down, 1 to 2 minutes, or until warmed through and toasted. To plate your dish, spread some **aioli** onto each of the buns. Top each bun bottom with a burger and some **lettuce leaves**. Serve with the grilled potatoes on the side and garnish with the **remaining lemon wedges**. Enjoy!