**Recipe of the Month**

**Please feel free to take a picture of this recipe with your Smart Phone!**

**Veggie Burger**

400g Chickpeas

Handful of chopped Parsley

1 Garlic Clove, chopped

1 Courgette, grated

50g Breadcrumbs

1.5 tsp Ground Coriander

1 Egg

Serves 4

* Place the Chickpeas, parsley and garlic into a food processor and blitz until you have a combined mixture
* Add the Courgette, Breadcrumbs, Coriander and Egg and mix well until combined
* Shape into 4 burger patties
* Shallow fry in a little oil until golden and cooked through
* Serve with Sweet Potato Wedges and Salad and/or a bread roll.