

# Spicy Chickpea Veggie Burgers with Jalapeño & Zucchini Vegetarian Dishes

Source: [peasandcrayons.com/2016/05/spicy-chickpea-veggie-burgers-jalapeno...](https://peasandcrayons.com/2016/05/spicy-chickpea-veggie-burgers-jalapeno...)



**SERVES:**

4



**PREP TIME:**

15 MINS



**COOKING TIME**

10 MINS



**CALORIES:**

337 KCAL

Protein is essential for muscle building, wound healing, healthy skin, hair and nails and proper immune function. Plant proteins aren't as complete as animal proteins, so choosing a variety of different types of protein foods over the course of the day is essential.

## INSTRUCTIONS

1. Combine ingredients for the aioli and whisk. Set aside. For the slaw, combine all ingredients and adjust to taste. Set aside.
2. Combine oats and chickpeas in food processor and pulse a few times to roughly chop the chickpeas and oats. Mixture should look chopped but not be paste-like or wet/mushy. Set aside and grab those veggies.
3. Remove the stem from the jalapeño. For spicier burgers, leave the veins and seeds intact. For less spicy burgers remove half or all of the veins/seeds.
4. Grate the zucchini using the coarse side of a box grater and wrap in a paper towel. Squeeze out excess moisture and set aside.
5. Sauté bell pepper, jalapeño, zucchini and green onion in avocado oil until peppers are tender. Season with garlic powder, red pepper flakes, oregano, and salt. Add the freshly sautéed veggies to your bean, then add your egg. Stir to fully incorporate and roll mixture into four balls.
6. To shape your burgers, cup each ball in your hands and squeeze tightly, rotating as you gently, but firmly, press it into a disc using your thumb. I like mine on the thinner side so middles cook all the way through, but not so thin that they won't hold their shape. To help the burgers set, cover and refrigerate as you prep your buns and toppings. You can even leave them overnight and cook them up the following day.
7. Pour a tablespoon or two of oil in a skillet and heat to medium-high, so the burgers sizzle when you add them to the pan. Cook for a few minutes on each side until you're left with a golden crust and a warm center.
8. Slather your buns with sriracha mayo, pile them high with lettuce, and top each burger with honey-lime slaw or your favorite toppings. Enjoy!

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## INGREDIENTS

### FOR THE BURGERS:

- 1 1/2 cup rolled oats
- 1 [15 oz] can of chickpeas, drained + rinsed
- 1/3 cup diced bell pepper
- 1 jalapeño pepper
- 1 cup grated zucchini
- 1-2 tablespoons green onion
- 1/2 tablespoon avocado oil plus extra to cook the burgers in
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon dried oregano
- 1/4 teaspoon salt
- 1 large egg
- 4 onion roll buns
- Leafy green lettuce of choice for topping

### FOR THE SLAW:

- 1 heaping cup cabbage, finely chopped/shredded
- 1/2 a fresh jalapeño, sliced thin
- 1/2 tablespoon honey
- 1/2 tablespoon avocado oil
- Juice of 1 lime, or to taste
- A pinch of salt
- Fresh cilantro (optional + to taste)

### FOR THE SRIRACHA AIOLI:

- 1/3 cup quality mayo
- 1 teaspoon fresh lime juice
- 1-2 tablespoons Sriracha
- 1/8-1/4 teaspoon garlic powder



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