FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Indian style double Decker Burger!!



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**497 kcal**

Stuff that's in it:

• 350G Sweet Potato ((The Actual Weight Of The Potato Once Cooked And Scooped Out Of Flesh, I Used 390G Potatoes With The Skin Raw))

• ½ Can Drained Chick Peas

• 80G Onion (Roughly Chopped)

• 100G Red Pepper (Roughly Chopped)

• 1 Tbsp Medium Curry Powder

• 1 Tsp Olive Oil

• 25G Gram Flour

• 1 Garlic Clove (Chopped)

• ½ Tsp Tumeric

• Small Bunch Fresh Coriander (Chopped Finely, Stalks Removed)

What you do:

Pop the potatoes in the microwave for around 10 mins after spiking them, leave to cool slightly and they should peel very easily.

In a small fry pan, Fry the onions garlic and red pepper gently for a few minutes in a tiny squirt of oil until soft.Add the turmeric and curry powder and cook for a minute or 2.

Add the chick peas and sweet potato once the mix has cooled slightly to a food processor.

Pulse blend on a low setting number1 or 2 only for a few second on and off, just to chop the ingredients up a little, you want a lumpy consistency.

Add the mixture to a bowl and add the coriander and gram flour , mix then make a big ball, split into 2, then split into another 2 so you have 4 equal patties , shape into burgers and set aside (probably good idea to chill for 30 mins but I didn't have time).

Lightly squirt a large fry pan and gently fry each Pattie□□for a few mins on each side until browned all over.

Served in a thin protein bagel with a chicken breast baked in nandos medium peri rub, with 1tsp mango sauce and lettuce and onion.

Nutrition

• Carbs: 59g

• Fat: 7g

• Protein: 43g

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