

EASY SHAWARMA CHICKPEA PATTY

YIELD: 50 6oz patties

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With so many falafel recipes out there we wanted to make a chickpea patty with Ghada's Shawarma but keep the components and process familiar. We took our Easy Black Bean Burger Patty recipe and simply changed around a few ingredients to fit our desired flavors. Try these with a dollop of Tzatziki on a bun, in a wrap, or straight into your belly!

INGREDIENTS

- 3 quarts Brown rice, cooked
- 4 quarts Garbanzo beans
- 3 quarts Panko
- ½ cup Vegetable oil
- 6 white Onions (finely diced)
- 2 ¼ cup Ghada's Shawarma or 1 ¼ cup Cumin and 1 cup Coriander
- 2 tablespoons Salt
- 2 tablespoons Black Pepper
- ¾ cup Honey (optional)
- 3 cups Tahini or Sun Butter
- 2-3 cups Parsley chopped

DIRECTIONS

1. Cook rice per instructions and let cool. Heat the oil in a pan and add finely diced onions. Add salt and pepper and continue to cook until onions begin to caramelize, about 10-15 minutes. Remove from heat and let cool.
2. Take 2.5 quarts Panko, Shawarma seasoning, tahini, and honey and pulse in food processor until combined.
3. Meanwhile, take drained chickpeas and smash thoroughly leaving only a few whole beans. Combine rice, chickpeas, onions, panko mixture and extra panko in a bowl or stand mixer. Transfer to a bowl or container, cover, and refrigerate for 1 to 24 hours before forming.
4. Preheat oven to 350 degrees. Scoop 6 oz out and form into patties. Spray parchment lined sheet pans and lay out patties spraying the tops as well. Bake for 10-15 minutes or until patties reach proper temperature and are golden brown.

RECIPE NOTES - EASY SHAWARMA CHICKPEA PATTY

Nutritional information per serving*: 373 calories; 1.53 g sat. fat; 509 mg sodium; 57 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*