
Chickpea Sliders with Sambal Aioli

Total time: 40 min Yield: 3 servings

Ingredients

15 oz garbanzo beans (rinsed & drained)
1 cup sweet potato (cooked)
1 Tbsp light or olive oil
2 Tbsp red onion (minced)
1/2 jalapeno (seeded, minced)
2 clove garlic (minced, divided)
1/2 tsp ground cumin
1 tsp curry powder
2 Tbsp cilantro (chopped)
1 ear fresh corn (kernels cut off or 1/2 cup frozen, defrosted)
salt
2 1/2 cup panko (divided)
1/2 cup mayonnaise
1 to 2 tsp Sambal hot sauce
1 to 2 heads Manoa lettuce or similar (washed, dried)
1 cup cucumber (sliced)

Prep Time: 20 min Cooking Time: 20 min Total Time: 40 min

Instructions

In a medium-large mixing bowl, mash the chickpeas with a potato masher or large fork. Add in sweet potatoes and mash until chunky. Heat oil in a medium skillet and sauté the onions and jalapeno. After a few minutes add in 1 clove of garlic. Sauté about 1 minute then add in the cumin and curry powder and heat through to release their flavors, about 1 to 2 minutes.

Add the sautéed veggies and spices to the chickpea/potato mixture. Transfer to a mixing bowl and add in the cilantro, corn and salt; mix well. Then add in the 1/4 to 1/2 cup of panko, as needed, to create a firm texture. It should stick together and no longer be wet. Form the chickpea mixture into small patties, roll in panko and cook in a non-stick pan for 5 minutes on each side, until crispy. Combine the mayonnaise, sambal and garlic in a small bowl and whisk together to mix.

Serve the chickpea sliders in lettuce leaves with sliced cucumbers and fresh-made aioli for a deliciously heart-healthy entrée; enjoy with coconut water with a wedge of lime.

Recipe brought to you by:

