

Ingredients

Serves 4

For Burgers:

- 1/2 cup rice
- 3 tsp extra virgin olive oil, divided
- 1 small onion
- 1 small red pepper
- 1 tbsp minced fresh ginger
- 1 tsp salt
- 1/4 tsp crushed red pepper flakes
- 1 large garlic clove, minced
- 1 (15-oz.) can chickpeas
- 1/2 cup flour
- 1 large egg
- 1 tbsp chopped cilantro
- 1 green onion, finely chopped
(green part only)

- 4 pineapple slices (sliced 1/2-inch thick)

For Teriyaki Sauce:

- 2 tbsp soy sauce
- 1 tbsp pineapple juice
- 1 tsp rice vinegar
- 1 tsp sugar
- 1/2 tsp grated fresh ginger
- 1 small garlic clove, minced
- 6 tbsp mayonnaise

For Serving:

- 4 burger buns
- lettuce

Instructions

Prepare burgers:

1. Finely dice onion and red pepper. Mince ginger.
2. Drain and rinse chickpeas
3. Heat 1 tsp. olive oil in a small skillet over medium-high heat.
4. Saute onion and red pepper in oil until softened and browned.
5. Add ginger, salt, crushed red pepper, and garlic to pan.
6. Cook until fragrant, then remove pan from heat.
7. Place chickpeas in a large bowl; mash until smooth.
8. Add rice, sauteed veggies, flour, and egg to chickpeas and mix well.
9. Stir in cilantro and green onion.
10. Shape mixture into 4 burger patties.
11. Heat remaining 2 tsp. olive oil in a large skillet over medium heat.
12. Add pineapple slices and burgers to skillet.
13. Cook burgers and pineapple until browned on one side, then flip and cook on the other side. Remove from heat.

Prepare teriyaki sauce:

1. While burgers cook, mix together soy sauce, pineapple juice, vinegar, sesame oil, sugar, ginger, and garlic.
2. Whisk in mayonnaise until mixture is completely smooth.

Serve burgers:

1. Spread both sides of each bun generously with teriyaki sauce.
2. Cover bottom bun with lettuce.
3. Add a burger and a pineapple slice; then add bun top.