



Mexican Bean Burgers

(Makes 4 x servings - burgers can be made ahead and frozen for a quick midweek meal!)

Ingredients

Bean Burgers:

1 can of kidney beans
2 garlic cloves, washed and lightly crushed
1 large carrot, grated
3 spring onion stalks, washes, root removed and thinly sliced
1 handful of coriander leaves, finely chopped
1 tsp cumin powder
1 tsp smoked paprika
1 Tbsp sunflower oil

1.5 Tbsp flour
Pinch of salt, to taste
Baking paper
4 x burger buns, sliced

Garnishes (optional):

1 Avocado, stone and skin removed, thinly sliced
1 Tomato, thinly sliced
1/2 red onion, thinly sliced
Lettuce leaves, roughly torn

Instructions

Using a sieve, drain and rinse the kidney beans in cold water. Place into a small saucepan with garlic cloves and cover with cold water. Bring to the boil, then simmer for 15 minutes to soften. Drain into a small bowl, discard the garlic cloves and set aside to cool.

Line a baking tray with baking paper. Preheat the grill to a medium heat.

Tip the kidney beans into a large mixing bowl and squash using a potato masher or fork until you have a rough purée (similar to a mashed potato consistency). Stir in the flour, cumin powder, salt and smoked paprika. Add the carrot, spring onion and coriander leaves. Combine the mixture thoroughly using your hands, squashing the mixture together.

Using your hands, shape the mixture into 4 equally sized burgers and place onto the lined baking tray. Brush the top of each burger with the oil. Place the baking tray under the grill for 8-10 minutes. Remove the baking tray from the oven, turn each burger over and brush with oil. Return to the grill for another 5-7 minutes.

Once the burgers are cooked, place each burger inside a bun with the optional garnishes piled on top. Serve immediately.