

# Homemade Bean Burgers

## INGREDIENTS (serves 6)

- 2 can mixed bean in water – drained and rinsed
- ½ onion – finely chopped or grated
- 1 clove garlic – crushed
- ¼ pepper – deseeded and finely chopped
- 1 small carrot – grated
- 50g wholemeal **breadcrumbs**
- 1 teaspoon tomato puree
- ½ teaspoon smoked paprika
- ½ teaspoon garam masala
- ½ teaspoon mixed herbs & parsley
- black pepper
- 1 small egg - beaten



## EQUIPMENT

- colander, large plastic bag,
- rolling pin or food processor,
- chopping board, sharp knife,
- grater, mixing bowl,
- fork, table knife, baking tray,
- cling film or foil

## METHOD

1. Put the drained beans into a plastic bag and gently crush them with a rolling pin. Alternatively, lightly blitz them in a food processor.
2. Transfer the crush beans to a mixing bowl and add the prepared vegetables, breadcrumbs, spices and herbs. Add half of the egg and mix together until everything is combines. If the mixture is a little dry, add some more egg.
3. With a table knife, split the mixture into 6 and using damp hands, shape into 6 burgers\*. Put the burgers onto a baking tray, cover with cling film or foil and then cool in the fridge for at least 30 minutes.
4. Once cooled, brush the burgers with vegetable oil and then cook on the barbeque for 3-4 minutes each side, turning them over once, until brown and cooked through. Alternatively, fry in a non-stick frying pan for 3-4 minutes each side, turning over once, until thoroughly cooked.
5. Serve in a wholemeal bread roll with homemade potato wedges and side salad.

## HYGIENE NOTE

- \* Always remember to wash your hands after touching raw eggs.

## ALLERGY AWARENESS!

This recipe contains: cereal containing gluten, soya, egg





HEALTHY RECIPES \* RYSETIAU IACH



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