

Spicy Bean Burgers

Ingredients

- 1 onion
- 1 garlic clove
- 2 tbsp olive oil
- 2 x 400g tins red kidney beans
- 1 – 2 teaspoons chilli powder or 1 large red chilli, chopped
- 1 large egg
- 100g fresh breadcrumbs
- Small bunch of fresh coriander leaves
- Salt and black pepper



Optional flavourings you can add:

- Juice of ½ lime
- 100g feta, or grated cheese
- 1 teaspoon mustard
- 1 teaspoon cumin
- 1 tablespoon tomato puree



Method

1. Finely chop the onion and garlic.
2. Heat the oil in a pan and gently fry the onion and garlic until soft. Cool.
3. Drain and rinse the kidney beans. Put into a mixing bowl with the chilli powder or chopped chilli and crush with a potato masher.
4. Add the onion, garlic, breadcrumbs, chopped coriander and season well with salt, pepper and other herbs/spices/flavouring ingredients if desired.
5. Combine all the ingredients with a fork.
6. Wet your hands, and shape the mixture into a burger, or press into a pastry cutter as a mould. Place on a non-stick baking tray.
7. Either pre-heat the grill or oven, Gas 6 / 200°C. Grill the burgers 5-6 mins on each side, or bake for 20 – 30 mins until crisp and browned.

Serve in buns with tomato salsa, yoghurt, coriander and lime, guacamole or ketchup.

This can also be shaped into veggie meatballs, browned in a pan then simmered in a ragu sauce to serve with pasta.

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