

Mean Bean Burger!

Makes 8



Ingredients (allergens in bold)

- 150g haricot beans – soaked in boiling water for 1 hour, drained
- 2 tablespoons tomato puree
- ½ medium onion grated
- 1 clove garlic crushed or 1 tsp garlic granules
- 2 teaspoons chopped parsley (fresh or dried)
- 1 teaspoon dried oregano
- ½ teaspoon mild chilli powder or paprika
- 1 **egg** beaten
- 2 tablespoons **breadcrumbs**
- Salt & pepper to season
- **Burger buns**

Method

1. Pre heat the oven to 180°C
2. Line a baking tray with greaseproof paper
3. Place the beans, in their soaking water, in a large pan and boil for 50 - 60 minutes until soft. Drain and discard the water.
4. In a food processor or bowl (if using a hand blender) combine the beans & tomato puree. Pulse until chopped but not completely smooth
5. Transfer the mixture to a medium sized bowl and stir in the grated onion, garlic, parsley, oregano, chilli, egg, breadcrumbs, salt & pepper until well combined
6. Using your hands make the mixture into burger size shapes and space evenly on the tray
7. Bake until burgers are firm to the touch and golden brown approx. 15 - 20 mins.
8. Serve in a seeded bun with sliced tomato & salad leaves!



Equipment:

- Baking tray
- Pan
- Medium sized bowl
- Sieve
- Food processor or hand blender
- Grater
- Veg knife
- Tablespoon
- Teaspoon
- Fork

Recipe notes & tips:

- Ready made panko breadcrumbs are ideal and quick but you could make your own breadcrumbs using wholemeal bread for added fibre.
- Breadcrumbs can be frozen in batches for future use.