

Spicy Beanburgers

We should all be eating less meat, not only, as part of a healthier diet, but also, as a way of reducing the amount of CO2 in the earth's atmosphere. These burgers are a great alternative to meaty versions and use store cupboard ingredients too. We've not used too much spice, but you could add more if you like!

Ingredients:

1 onion
 1 carrot
 1 x 400g tin kidney beans
 1 tsp ground cumin
1 tbsp. flour
 1 tbsp. oil

To Serve:

Low Fat Mayonnaise
Tomato ketchup
 Fresh Tomatoes
Burger Buns

Equipment:

Saucepan
 Chopping board
 Sharp knife
 Grater
 Non-stick frying pan
 Fish slice or spatula

ALLERGENS HIGHLIGHTED IN BOLD

Instructions:

1. Drain the kidney beans, rinse under a tap and then place in a saucepan. Cover with water and boil for 10 minutes to help soften them. This can be done ahead of time if you like
2. Meanwhile finely chop or grate the onion and garlic. Grate the carrot
3. Heat half the oil in a frying pan over a medium heat, add the vegetables and the cumin and fry gently until soft
4. Off the heat combine the vegetables with the kidney beans and mash together until you have a smooth (ish) puree - a bit like mashed potato
5. Add the flour to the mix. Divide the mix into four even sized balls. Roll and then flatten to make burger shapes.

 TOP TIP!! Having flour on your hands will make this a bit easier. Chilling the shaped burgers before cooking them makes them easier to handle too.
6. Heat the remaining oil in the frying pan over medium heat
7. Cook for 3 -5 minutes on the first side or until golden and crispy then carefully turn over and cook the other side.
8. Serve the burgers in toasted buns with sliced tomatoes and your favourite sauce, relish or low-fat mayo.

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