

Black Bean Burgers



Serves: 4

Time: 40 min

Instructions

- 1:**
Combine the flaxseed and water. Leave to thicken for 10 minutes.
- 2:**
In a food processor, add the beans, onion, pepper, garlic, cumin, flaxseed mixture and breadcrumbs, plus salt and pepper to taste. Process until combined but not mushy. Divide into 4 patties.
- 3:**
Heat oil in a large frying pan and add the burgers. Cook for 4 to 5 minutes until browned, then flip and cook for a further 5 minutes.
- 4:**
Serve in toasted sesame seed buns with salad and dressings.

Notes

This can be made gluten free, using quinoa breadcrumbs (or another gluten free alternative), and gluten free burger buns.

Ingredients

- 2 tbsp**
Ground flaxseed
- 6 tbsp**
Water
- 2**
Tins of black beans (400g each)
- 3**
Cloves of garlic
- 1**
Red pepper, chopped small
- 1**
Onion, chopped
- 1 tsp**
Ground cumin
- 90g**
Breadcrumbs