

Recipe

BEAN & OAT BURGER WITH 3-INGREDIENT CAJUN MAYO



► ► Vegan, gluten-free, refined sugar-free, nut-free

Yield: 4 thick patties, 6 thin patties

Prep Time: 15 min

Cook Time: 25 min

Total Time: 40 min (excluding 1 hr soaking time for cashews)

INGREDIENTS: BURGER PATTY

2 Tbsp (15g) ground flax seeds
1 tsp (5mL) olive oil
1 medium yellow onion, finely diced
2 cloves garlic, crushed
1.5 cups (400g) cooked pinto beans*
1/3 cup (50g) raw or roasted sunflower seeds (or walnuts)
3/4 cup (115g) rolled oats (or breadcrumbs)
1 tsp (5g) each ground cumin, paprika powder, cajun seasoning spice

INGREDIENTS: ACCOMPANIMENTS

1 tsp (5mL) olive oil
4 cups (440g) button mushrooms, thinly sliced
2 medium red bell peppers, thinly sliced
1/2 tsp (2.5g) each ground cumin, paprika powder, onion powder, garlic powder
4-6 burger buns
1 cup (20g) arugula (or sub other leafy green of choice)
1 cup Creamy Coleslaw (optional)
1/4 cup (20g) raw or pickled jalapeño slices (optional)

INGREDIENTS: CAJUN MAYO

1/3 cup (50g) raw cashews, soaked in water for 1 hour
1 lime, juiced
2 tsp (30g) cajun seasoning spice

DIRECTIONS

1. Add ground flax seeds plus 6 Tbsp water to a large food processor. Allow to sit for 5 minutes until flax seeds gel, stirring once halfway.
2. In a medium pan on high heat sauté the onions in oil until lightly golden, about 5 minutes. Add 2 Tbsp water as needed while stirring to bring up the browning and prevent burning. Add the garlic and sauté for another 2 minutes.
3. Add the caramelized onion and garlic mixture to the food processor, along with the remaining ingredients for the burger patty. Blend on high and scrape down sides until well combined. Let it sit to gel while preparing accompaniments.
4. In a medium pan on medium-high heat sauté mushrooms in oil. Don't worry if it seems dry at first, after about 3 minutes the mushrooms will naturally release water. After 5 minutes of cooking add the bell pepper and spices and cook for another 3 minutes. Add water if needed to bring up the spices from the bottom of the pan and to avoid burning. Set aside.
5. Prepare the cajun mayo by placing all ingredients in a blender and adding 1/4 cup water - blend on high until creamy. Set aside.
6. Divide the bean and oat mixture into the desired number of patties. Cook on a non-stick pan on medium-high heat, using 1/2 tsp oil per patty per side. Cook until lightly browned, about 3 to 4 minutes per side.
7. Serve on burger buns with coleslaw, sautéed mushroom and bell pepper mix, and topped with arugula, cajun mayo and jalapeños. Enjoy!

NOTES

1. *This is about 3/4 cup dry beans, or the amount in a 400 g can.
2. **Speed-it-up:** using canned beans speeds up the process.

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