



Bean Burgers makes (4-6)

1 can drained kidney beans
1 can drained black beans
1 onion
3 garlic cloves
2 large carrots
2 tbsp oat or gram flour
1- 2 tbsps soya sauce
1 tsp cumin
1 tsp coriander
1 tsp chilli powder
1/3 tsp salt or to taste
Bunch of fresh coriander (about 10-15g)

1. Finely chop the onion and garlic and peel and grate the carrot.
2. Gently fry the onions, garlic and grated carrots in olive oil until soft and cooked through, season with salt and pepper.
3. Pulse the drained beans in a food processor or mash with a fork until broken down, but not mushy.
4. Tip into a bowl and add the cooked onion mixture the flour, soy sauce, spices and coriander.
5. Use your hands to shape into in to 4-6 patties. Place in the fridge for 2-3 hours to firm up or in the freezer for 30 minutes if in a hurry.
6. Add a little olive oil to a pan and cook over on a medium heat for 5-7 minutes each side.
7. Serve in a bun or wrap with usual burger fillings - leaves, avocado, sliced beetroot and a bit of spicy or garlic mayonnaise.



Recipe Notes – You can use any type of beans or chickpeas. Courgette can also be used instead of grated carrot. Add tomato puree and mustard instead of soy sauce and spices.