

Spicy Bean Burgers

Ingredients (serves 4)

- 1 carrot, grated
- 1 onion, finely chopped
- 1 handful of coriander, finely chopped
- 1 teaspoon cumin
- 1 can red kidney beans
- Sunflower oil for frying
- 1 teaspoon of flour (plain or raised) and extra for shaping mixture

Method

1. Drain and rinse the kidney beans
2. Put them in a saucepan, cover with water and simmer for 10 minutes to soften
3. In a separate pan add a little oil and cook the onions, carrots, cumin and coriander
4. Drain off the kidney beans and add to the carrots and onions mix
5. Mash with a masher or fork to a smooth-ish puree leaving some texture
6. Stir the teaspoon of flour into the mixture
7. Heat some oil in a frying pan and with floured hands, shape a golf ball sized amount of mixture into a patty
8. Fry for a couple of minutes before turning it over when cooked through is ready for serving

Tips & Hints

- Can be served in a bun or pitta pocket with salad
- Use different kinds of beans such as cannellini beans or pinto beans to add different a taste and texture
- Use chickpeas instead of beans for a falafel style burger
- Adding chilli will give these burgers some heat.
- Prepare double the amount and freeze a batch and cook thoroughly once defrosted