

Bean Burger



Serves: 4



Ingredients:



- 400g tin chickpeas or kidney/butter beans
- 300g cooked, mashed root vegetables such as carrot, squash, potato, sweet potato or parsnips
- 1 garlic clove, crushed
- 1 tbsp. rapeseed oil
- 1 tsp. ground cumin,
- 1 tsp. coriander
- 1 tsp. paprika
- 1 lemon
- 1 tsp. chilli flakes (optional)
- 4 wholemeal bread rolls
- Lettuce and tomato to serve

Equipment:



Mixing bowl,
chopping board,
knife,
potato masher,
baking tray

Method:



1. Preheat the oven to 200°C/180°C Fan/Gas mark 6.
2. Steam 300g of peeled root vegetables until soft. Once cooked, mash them with a potato masher so they form a rough paste.
3. Drain and rinse the beans and mash them with a potato masher in separate bowl.
4. Combine the mashed vegetables and mashed beans in one bowl, add the garlic, herbs and lemon juice. Using your hands knead the mixture so that all of the ingredients are fully combined.
5. Roll the mixture into four burger-sized balls with wet hands and flatten slightly.
6. Drizzle a tablespoon of oil on a baking tray and place the bean burgers on top, turn them over so that they have a coating of oil on each side.
7. Place the tray in the oven and cook for 20-30 minutes, turn the burgers halfway through cooking.
8. Once slightly cooled, place the burgers inside the rolls and add lettuce, tomato or any other salad of your choice. If you are using any sauces, choose reduced sugar and salt options.