

Veggie Burgers



L Prep: 10-15 minutes

L Cook: 10 minutes

Serves: 4-6

Recipe info

Ingredients

400g tin cannellini, borlotti or butter beans
1 slice bread* or handful of oats*
2 tbsp fresh coriander
1 onion
2 cloves garlic
2 tsp ground coriander
2 tsp ground cumin
1 tsp chilli powder
½ tsp salt and pepper to taste
2 *tbsp plain flour**
2 tbsp sunflower oil

To serve

White or wholemeal bread rolls*
Tomato ketchup*
Lettuce leaves
Tomato

Equipment

- Sieve
- Mixing bowl
- Grater
- Large chopping board
- Sharp knife
- Measuring spoons
- Electric hand blender
- Plate
- Fish slice
- Table knife
- Frying pan



Description

Delicious alternative to beef burgers with spices and fresh herbs.

Method / What to do

1. Drain the beans using a sieve over the sink, then place in the bowl.
2. Grate the bread into bread crumbs then add to the bowl (or add oats).
3. Wash and chop the fresh coriander.
4. Peel and chop the onion and garlic then add to the bowl.
5. Add the herbs, spices, salt and pepper to the bowl then blitz into paste using the blender.
6. Tip the mixture on to a plate.
7. Lightly flour your hands and divide the mixture into four then form into flat burger shapes.
8. Roll each burger lightly in flour – this helps to stop the burgers from breaking up. If they continue to break up, roll in a little more flour. Place them on a plate and put in the fridge for 5 minutes.
9. Heat the oil in the frying pan for 2 - 3 minutes.
10. Shallow fry each burger on each side for 3 - 4 minutes until lightly browned and cooked through.
11. Toast the baps and spread with tomato ketchup and assemble your burgers with chosen fillings.
12. Eat immediately or wrap in foil and place in the fridge.
13. Serve with enough burger baps, tomato ketchup, lettuce leaves and tomato for everyone to have one each.

