



Bean Burgers

Ingredients

For the Burgers (Makes eight)

- 1tbsp vegetable oil
- 1 bunch spring onions, washed and chopped
- 2 garlic cloves, peeled and finely chopped
- 2 tsp Cajun seasoning
- 2 x 400g tins mixed beans, drained and rinsed
- 1 medium free-range egg, beaten
- 100 - 150g fresh breadcrumbs
- 50g Feta cheese, crumbled (optional)
- Small handful fresh coriander leaves, finely chopped
- 2tbsp lime juice
- Vegetable oil for shallow frying

To serve

- 8 Burger buns
- Tomatoes, sliced (to serve, optional)
- Lettuce leaves (to serve, optional)



Sally's Tips

“Great for batch baking!

The batch makes 8 burgers, so if you want to freeze half the batch, you can.

Make up to and including step 2 and then wrap individually in cling film and freeze for up to 1 month.”

Preparation time

15
mins

Chilling time

30
mins

Cooking time

20
mins

Step 1.

Heat the vegetable oil in a pan, add the spring onions, season and fry over a gentle heat until softened but not coloured.

Add the garlic and Cajun seasoning, then fry for 2-3 minutes.

Tip into a bowl, add the beans and mash with a potato masher.

Step 2.

Leave to cool slightly, then add the egg, breadcrumbs, coriander and lime juice.

Add the Feta at this point if you would like to add it.

Season, then mix well to combine.

Wet your hands slightly, then shape into eight burger patties. Chill in the fridge for 30 minutes.

Step 3.

To cook the chilled burgers, heat some vegetable oil in a frying pan over a medium heat, add the burgers and fry for 3-4 minutes on each side until golden brown.

Serve in burger buns with chopped tomatoes and lettuce.

Sally's Tips

“How to shape the Burgers: the mixture really needs to be well blended and shaped in your hands before you chill them. This makes sure that they hold their shape in the pan.”

You can oven bake them if you wish. Brush with oil and cook at 200°C, 180°C Fan, or Gas mark 6 for 15 minutes.”

