



BEAN BURGERS

Serves 2

Ingredients:

- 400g can butter beans or red kidney beans, drained and rinsed
- 3 tbsp olive oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 75g cheese (or vegetarian alternative), crumbled
- 1 tbsp plain flour
- 1 egg beaten

Method:

1. Heat oven to 190C/170C fan/gas 5
2. Tip the butter beans into a bowl and mash with a fork to form a rough purée. Set aside.
3. Heat 1 tbsp of oil in a small frying pan and add the onion and garlic.
4. Cook over a gentle heat for 3-4 mins, until softened.
5. Stir the onion mixture into the butter beans, along with the cheese, then season.
6. Shape the mixture into 4 patties, cover and chill for 10 mins.
7. Tip the flour, egg and breadcrumbs onto three separate plates.
8. Roll each patty in the flour, dusting off any excess, carefully roll in the egg, then finally coat in the breadcrumbs.
9. Heat remaining oil in a non-stick frying pan and add burgers. Cook for 8-10 mins, turning occasionally until golden.
10. Drain on kitchen paper and serve



Abundant Borders (SC049008)
web - abundantborders.org.uk & facebook.com/abundantborders
contact: robin@abundantborders.org.uk