

RED BEAN BURGERS

Time: 30 minutes

Serves: 4

Ingredients:

- 4 teaspoons neutral-flavoured oil such as grapeseed
- 1 medium onion – finely chopped
- 2 cloves garlic - finely chopped or grated
- 1 large portobello mushroom – finely chopped
- 1 teaspoon ground coriander
- 1 teaspoon chili powder
- ½ teaspoon cumin
- 19-ounce can red kidney beans – rinsed and drained
- 1 teaspoon hot pepper sauce
- ½ teaspoon kosher salt
- 4 green onions – thinly sliced lengthwise

Preparation:

Place two teaspoons of the oil in a frying pan on medium heat.

Add the onions, garlic, mushroom, coriander, chili and cumin. Cook for five minutes, stirring occasionally then, remove from heat.

Put the kidney beans, hot sauce and salt in a bowl and add the onion mixture. Mash it all together with a fork or pastry blender until well mixed and form the mixture into four patties.

Place a frying pan on medium heat and add the remaining oil.

Fry the patties for three minutes per side and serve immediately topped with the green onion.

Nutritional Information Per Serving:

- Calories: 161
- Fat: 6g
- Carbs: 22g
- Fibre: 6g
- Protein: 8g