

Mexican Bean Burger

Ingredients

800g of canned kidney beans
(rinsed and drained)

100g of breadcrumbs

2 tsp of mild chilli powder

small bunch of coriander leaves
(chopped finely)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

juice of half a lime

salt and pepper (optional)

Equipment

two large bowls

potato masher

fork

baking tray

grill



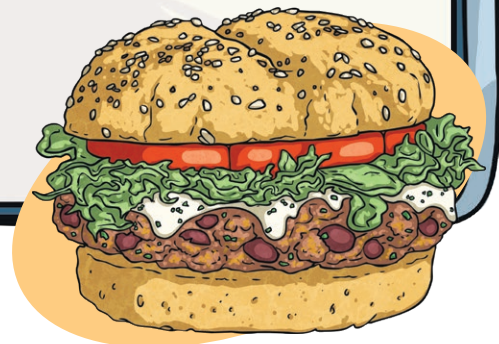
To Serve

6 wholemeal burger buns

salad of your choice

Method

1. Put the kidney beans into a large bowl and mash with the potato masher.
2. Add the breadcrumbs, chilli powder, egg, salsa and half of the chopped coriander leaves to the bowl containing the mashed kidney beans.
3. Season with salt and pepper (optional) and then use a fork to mix everything together.
4. Wet your hands and use your fingers to shape the mixture into six burgers.
5. Slide the burgers onto a non-stick baking tray.
6. Ask an adult to turn on the grill at a medium heat.
7. Grill the burgers for 4-5 minutes on each side.
8. While the burgers are cooking, mix the remaining chopped coriander leaves, yoghurt and lime juice together in a separate bowl to make the burger sauce.
9. Once cooked, place the burgers onto the buns and add the sauce you have made.
10. Serve with your choice of salad.



Disclaimer:

We hope you find this resource useful. This recipe involves the use of a grill. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients. Children should be carefully supervised by a responsible adult at all times, especially when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.