

Difficulty:
Easy



Time:
30 minutes



Bean burgers with green beans



Allergens: Gluten

What is it?

A very tasty burger packed full of flavour you won't miss the meat!

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Onion	1/2	3/4	1
Garlic clove	1	1	1
Cumin	1/2tsp	3/4tsp	1tsp
Ground coriander	1/2tsp	3/4tsp	1tsp
Mushrooms	60g	90g	120g
Kidney beans	1/2 tin	3/4 tin	1 tin
Mixed herbs	1/2tbsp	3/4tbsp	1tbsp
Flour(dusting)	1tbsp	1tbsp	1tbsp
Buns	2	3	4
Green beans	180g	250g	320g
Tomato	1	1	2
Gherkin	1	2	2
Lettuce	40g	60g	80g

**AVERAGE COST
PER PERSON
£0.45**

Kit list:

- Mixing bowl
- Frying pan
- Fork/masher

Make it your own!

Serve with a side salad or wedges and all your favorite toppings!
(we had cheese, salad and pesto mayo Yum!)

**Celebrate Family
Food**

Charity no.
1125784



What to do:

Step 1: Heat 1 tbs of oil in a large fry pan finely dice your onion and cook for 5 minutes until soft.

Step 2: Add cumin, coriander and diced garlic and cook for 1 minute. Add the diced mushrooms and cook until any moisture has evaporated.

Step 3: Meanwhile mash the beans and add salt, pepper and herbs add everything together and mix.

Step 4: Divide the mixture evenly and mold into balls, flatten, dust with the flour and brush with oil .

Step 5: these can be cooked either under the grill in the oven or in a fry pan cook for 5 minutes on either side.

Step 6: Put your green beans in a saucepan of water (add a little salt) and boil for 5-10 minutes until cooked to taste. You can keep them a little firm (this is called 'al dente') if you prefer them crisp, or cook for longer to soften. Drain the water.

Step 7: Build your burger with your favorite toppings and serve with the green beans. Enjoy!



What did you think of this recipe? Colour in the stars to give it a rating!

