



Veggie Burger

Serves 4

Ingredients:

- 1 tin kidney beans
- 1 red onion
- 1 small carrot
- 2-3 mushrooms
- 2 cloves garlic
- 1 tablespoon smoked paprika
- 1 tablespoon ground cumin
- Juice of ½ a lemon
- ½ tablespoon soy sauce
- 1 small bunch coriander
- Pinch of salt and pepper
- 1 heaped tablespoon plain flour
- 4 tablespoons breadcrumbs (optional)
- 1 tablespoon olive oil

To Serve:

- 4 burger buns
- 1 little gem lettuce
- 1 Large tomato
- 2 large gherkins (optional)

Method:

To Prepare:

1. Roughly chop the onion, mushrooms garlic, and grate the carrot into a food processor.
2. Add the cumin, paprika, lemon juice, soy sauce coriander, salt, pepper and flour and blend in the processor.
3. With floured hands, work the mixture into 4 equal balls and shape into burgers.
4. Coat each burger with the breadcrumbs and set in the fridge for 1 hour.

To Cook:

1. Put a frying pan or griddle pan on a medium heat and add the oil.
2. Cook the burgers on each side for 3-5 minutes or until golden and crisp. Turning once.
3. Remove the burgers and wipe the pan clean with kitchen towel.
4. Lightly toast the buns in the pan and serve with lettuce, tomato and gherkins if you like them.

