

Bean Burger

Ingredients:

- +/- 1 cup IMBO kidney beans
- +/- 1 cup IMBO small white beans
- 1 cup grated baby marrow
- ¼ cup spring onion
- 2 tbsp fresh coriander
- 1 tbsp cumin
- 1 tsp paprika
- 1 tsp crushed garlic
- Lemon zest
- ¼ cup breadcrumbs
- Salt & pepper to taste
- 1 egg
- Flour for coating
- 2 tbsp olive oil for frying
- Lettuce
- Cheese
- Hamburger seeded rolls
- Avo (optional)
- Slaw (optional)
- Sweet chilli sauce (optional)

Directions:

1. Pour roughly 1 cup kidney beans & 1 cup small white beans into a bowl and soak them overnight.
2. Drain the beans and cook them in 3 cups cold water, bring to the boil and cook until soft. Drain the beans once cooked.
3. Place the beans in a large mixing bowl and mash them.
4. Add 1 cup grated baby marrow, ½ cup spring onion, 2 tbsp fresh coriander, 1 tbsp cumin, 1 tbsp paprika, lemon zest, 1/4 cup breadcrumbs, salt, pepper & 1 egg to the mashed beans.
5. Stir the mixture until combined.
6. Form patties with the mixture and coat with a dusting of flour.
7. Heat 2 tbsp olive oil in a pan and fry the patties until golden brown and crispy.
8. Assemble the seeded roll together with the patties, lettuce, avo, cheese, slaw and sweet chilli sauce. ENJOY!