

BLACK BEAN BURGERS

THE GREAT
EXHIBITION
ROAD FESTIVAL

Makes 6 burgers or 12 mini burgers
Prep: 20 mins, Cook: 15 mins



Ingredients

Burgers

1 bunch spring onions, chopped
1 long red chilli, chopped
400g tin black beans, rinsed, drained
1 tsp smoked paprika
70g fresh wholemeal breadcrumbs
400g tin chickpeas, rinsed, drained
Plain flour, to dust
2 tbs olive oil
6 wholemeal rolls, halved
2 large gherkins, thinly sliced
250g cooked beetroot, thinly sliced
3 radishes, thinly sliced
60g rocket leaves
60g feta

Yoghurt dressing

½ bunch flat-leaf parsley, leaves picked, finely chopped
280g natural yoghurt
Juice of 1 lemon

Steps

First blitz the spring onion and chilli in a food processor. Now add in $\frac{3}{4}$ of the black beans, paprika and breadcrumbs, and process until combined. Finally add the remaining black beans and chickpeas and pulse a few times so that you retain some texture.

Divide bean mixture into six balls for burgers or twelve balls if you are making mini burgers. Dust each with flour and flatten into a patty shape.

Heat oil in a frying pan over a medium heat. Cook the burgers in batches for 4-5 minutes on each side. Keep warm. Repeat with remaining patties.

For the dressing, combine all the ingredients in a bowl and season with salt and pepper to taste.