

BARBECUED BEAN BURGERS

Preparation time: 20 minutes

Cooking Time: 20 minutes

Serves: 6



Ingredients

- 420g can kidney beans, drained and rinsed
- 1 small onion, roughly chopped
- 2 cloves garlic
- 1 tablespoon chopped coriander
- 1/2 teaspoon ground cumin
- 1 teaspoon chopped jalapeno chilli
- 1/2cup rolled oats
- 1 egg
- 1/2 medium green capsicum, finely diced
- 2 tablespoons plain flour
- 2 tablespoons canola oil
- 1 cup shredded lettuce

Nutritional Information:

- Kilojoules 1260 kJ
- Calories 305 cal
- Protein 13 g
- Total fat 9 g
- Carbohydrate 42 g
- Sodium 680 mg
- Potassium 554 mg
- Calcium 60 mg
- Iron 3.9 mg
- Fibre 10 g

Tomato Salsa

- 1 medium tomato, finely diced
- 1 small onion, finely diced
- 1 tablespoon chopped fresh coriander
- 1 tablespoon chopped fresh mint
- 1/2teaspoon ground cumin
- 1 tablespoon lemon juice
- 6 wholemeal mini pita bread, toasted

Method

1. Place the kidney beans, onion, garlic, coriander, cumin and jalapeno chilli in a food processor and pulse until blended but still coarse. Transfer to a large bowl, add the oats, egg and capsicum and mix together well.
2. Divide the mixture into 6 portions and mould each portion into a patty shape using your hands. Roll each patty in the flour and shake off the excess. Heat the oil in a non-stick frying pan, and cook the patties in batches over medium heat for 4 minutes each side, or until golden brown and cooked through.
3. Mix together the salsa ingredients. Place each patty on a toasted pita bread, add a little shredded lettuce and spoon the tomato salsa over the top.