

Vegetable and bean burgers

Ingredients

Serves 4 (makes 8 patties)

1 can butter beans, drained and rinsed

2 carrots, grated

2 courgettes, grated

1 clove garlic, crushed

2 eggs

1/2 cup dry breadcrumbs

1 tablespoon oil

4 wholemeal burger buns

4 tablespoons tomato sauce

1/2 lettuce, torn into pieces

2 tomatoes, sliced

Method












1. Place beans into a bowl and mash.
2. Mix mashed beans with grated carrots, courgette, garlic, eggs and breadcrumbs.
3. Heat oil over medium heat in large frying pan.
4. Spoon mixture into frying pan, a few at a time, avoid overcrowding.
5. Cook on both sides until golden brown and cooked through.
6. Remove patties from frying pan and place on paper towels on a board, keep warm. Repeat if necessary.
7. Cut burger buns in half. Top each side with tomato sauce, lettuce, tomato and patty, then serve.

Variations

- Use grated beetroot or grated kūmara in place of carrot.
- Use kidney beans in place of butter beans.



Equipment

-  Bowl
-  Colander
-  Cutting board and knife
-  Grater
-  Large frying pan
-  Measuring cups
-  Measuring spoons
-  Paper towels
-  Potato masher
-  Spatula or fish slice
-  Large spoon

Preparation and cooking skills

Drain, fry, grate, mash, mix, slice.

Nutrition

- Legumes are full of protein and dietary fibre. Protein helps you to grow and build strong muscles, while dietary fibre keeps things moving in your digestive tract and helps keep you full for longer.
- Legumes include: lentils, butter beans, cannellini beans, red kidney beans, peas, chickpeas and soybeans.