Spicy Bean Burgers



Burgers can be made with a wide range of ingredients. You will make 4 small burgers.

Ingredients

400g Can Red Kidney Beans

- 1 Slice of Bread
- 1 Chilli (Red or Green) or 1 Teaspoon Ground Chilli Powder
- 1 Teaspoon Dried Herbs of Your Choice

½ Onion

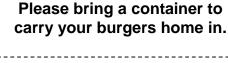


Additional Ingredients:

Cheese
Burger Bun
Ketchup
Lettuce
Cucumber
Tomato







Equipment:

Black Handled Knife, Can Opener, Fish slice, Flour dredger, Food Processor, Large Mixing Bowl, Plate, Sieve, Small Bowls, Teaspoon, White Chopping Board, White Plastic Spoon

Method:

- **1.** Pre-heat the grill or George Forman.
- **2.** Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into a small bowl.
- **3.** If you are using a fresh chilli, cut away the top of the chilli, and then de-seed.
- **4.** Peel and roughly chop the onion.
- **5.** Drain the red kidney beans using a sieve.
- **6.** Place the red kidney beans, onion, dried herbs, chilli or chilli powder into the food processor. Whiz together to form a thick paste-like mixture.
- **7.** Place the bean mixture into a large mixing bowl. Add the breadcrumbs to the large mixing bowl. Mix everything together thoroughly using a white plastic spoon.
- 8. Use the flour dredger to sprinkle some flour onto a white chopping board.
- **9.** Divide and shape the bean mixture into 4 small patties. Alternatively use the burger press to mould the burger shapes.
- **10.** Transfer the burgers into the grill or George Forman machine and cook thoroughly.
- 11. Use a food probe to ensure the burger has a core temperature of 75°C.
- **12.** Add the cooked burger to a burger bun and add any additional ingredients.