

Spicy Bean Burgers and Homemade Oven Baked Chips

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
Burger Bun



Ingredients for Chips:

30g Vegetable Oil
1 or 2 Large Potatoes



Please bring a container to
carry your burgers home in.

Additional Ingredients:

Cheese
Ketchup
Lettuce
Cucumber
Tomato



Method:

1. Preheat the oven to 200°C or Gas Mark 6.
2. Weigh and measure all ingredients accurately.
3. Half fill a small saucepan with cold water and place on the back of the hob, bring the water to the boil.
4. Place the oil on a baking tray and place in the oven to heat up ready for adding the chips.
5. Remove the skins from the potato/potatoes.
6. Cut that potato in half, length ways. Cut each half into chips.
7. Bring the saucepan of water to the front of the hob, carefully add the chips. Return to the heat and parboil for 5 to 8 minutes.
8. Pre-heat the grill or George Forman.
9. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into a small bowl.
10. If you are using a fresh chilli, cut away the top of the chilli, and then de-seed.
11. Using a colander drain the water away from the chips, remove as much water as possible.
12. Using oven gloves, remove the baking tray with the oil from the oven. Place on the top of the hob. Carefully transfer the chips to the baking tray. Return to the oven and cook for 35 to 50 minutes, this will depend on the size. Half way through the cooking process turn the chips.
13. Peel and roughly chop the onion.
14. Drain the red kidney beans using a sieve.
15. 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.
16. 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.
17. Use the flour dredger to sprinkle some flour onto a white chopping board.
18. Divide and shape the bean mixture into 4 small patties. Alternatively use the burger press to mold the burger shapes.
19. Prepare any filling ingredients such as lettuce, tomatoes or cheese.
20. Cut the burger bun in half ready to add the burger once cooked.
21. Transfer the burgers into the grill or George Forman machine and cook thoroughly. Use a food probe to ensure the burger has a core temperature of 75°C.
22. Add the cooked burgers to a burger bun and add any additional ingredients.
23. Remove the chips from the oven using oven gloves.
24. Present the burger and chips together.