

Bean Burgers with Coleslaw



Watch the cook-a-long video www.ukharvest.org.uk/bean-burgers

Ingredients

Serves 4

Burgers

200g cooked lentils, quorn mince, mixed veg or jackfruit

200g tinned beans (kidney, cannellini, butter, mixed)

Large handful of fresh herbs (coriander, thyme, parsley), finely chopped

20g breadcrumbs

1 egg, beaten

Pinch of salt and pepper

1 tbsp oil

4 x burger buns

Coleslaw

¼ white or red cabbage

2 x carrots

¼ small onion, or 5 spring onions

Pinch of salt and pepper

30g mayonnaise, or plain/Greek yoghurt



Method

1. Drain the beans and place into a bowl. Add the lentils and mash them up into small pieces with a fork, or potato masher.
2. Crack an egg into a bowl and beat with a fork. Mix into the mashed beans.
3. Add the chopped herbs, breadcrumbs, salt and pepper. Mix again thoroughly. If the mixture is too wet, add more breadcrumbs.
4. Using your hands, form four even sized burgers. Place onto a plate, cover and chill in the fridge for ½ an hour.
5. To make the coleslaw, take the cabbage and chop finely.
6. Peel and grate the carrots, finely chop the onion and add both to the cabbage mix.
7. Add the mayonnaise/yoghurt and salt and pepper. Stir all the ingredients thoroughly.
8. Take a large frying pan and heat oil in pan. Carefully place the burger patties into the hot oil and cook for 4 minutes before turning them over and cooking again for another 4 minutes.
9. Serve in a burger bun, with a side of coleslaw.

Optional

Use 200g of mince (beef, turkey or pork) instead of lentils.

Add fresh or dried herbs and spices to your bean mix.

Tips

Add a slice of cheese, slice of tomato and some lettuce for the ultimate burger experience!

Burgers can be frozen before cooking. Defrost thoroughly before cooking.