Bean Burger with Coleslaw

Ingredients

400g can chickpeas, drained
400g can kidney beans, drained
1tbsp dried mixed herbs
110g fresh or dried breadcrumbs
1 egg
Salt and pepper
Oil for frying
4 Burger buns, to serve



For the Coleslaw

¼ white cabbage, shredded
1-2 carrots, grated
¼ onion, finely chopped
Salt and pepper
105g mayonnaise

Makes 4 Burgers

Method:

1. Drain the chickpeas and beans into a bowl and mash with a fork or potato masher until a paste is formed.
2. Crack the egg into the bowl and mix well.
3. Mix in the herbs, breadcrumbs and salt and pepper.
4. Use your hands to shape the mixture into 4 equal portions. Make each portion into a burger shape and place on a baking tray. Cover and refrigerate for ½ hour.
5. To make the coleslaw; mix all of the ingredients together, evenly, in a bowl.
6. To cook the burgers, heat the oil in a non-stick frying pan and gently fry them for a few minutes on each side.
7. Serve in the buns with coleslaw and extra salad, if you like.

Top Tips

Add your favourite cheese to your burger with gherkins, ketchup or even some sweet chilli sauce.

These burgers cook really well in the air fryer at 200C for 10-12 minutes to get a crisp and golden finish.

Make chips in the air fryer. Cook them at 200C for 10-15minutes, shaking them up during cooking, until crisp and golden.

Freshen up your buns by toasting them in a hot oven or air fryer for a few minutes. buns for extra crunch.

Thank you for cooking with us!
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