

# Tomato Beany Burger





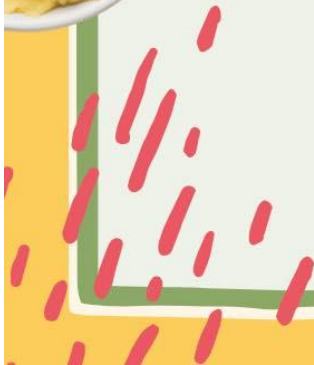
## Ingredients

*Serves 4-6*

- 1 tsp rapeseed oil
- 1 large onion, diced
- ½ tsp chilli flakes (optional)
- 1 tsp tomato purée
- 300g dry mashed potato
- 1 x 420g tin baked beans, drained
- ½ garlic clove, grated or crushed
- 1 vegetable stock cube (reduced salt)
- 50g breadcrumbs (e.g. wholemeal, panko)
- 30g chives or parsley, chopped

### *A little serving suggestion!*

- 4-6 x brioche buns or bread rolls
- Sweet potato wedges
- Lettuce
- Tomato slices
- Cheese and pickle
- Tomato relish







## Method

*Pre-heat oven to 200°C fan*

In a medium non-stick pan over a medium heat, add the rapeseed oil and onions. Cook until soft and see through. Then add the chilli flakes and tomato purée, stir together until the onion is coated, and transfer mixture into a small bowl.

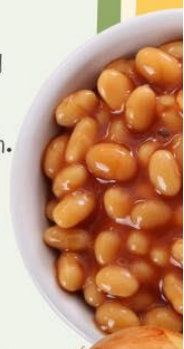
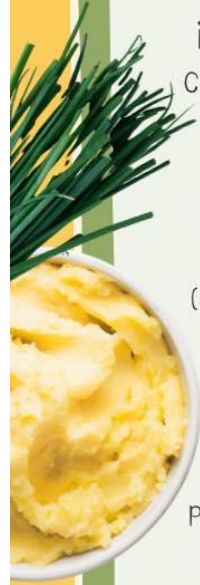
In a separate large bowl, add the dried mashed potato, beans (make sure they are drained), breadcrumbs, onion mix, garlic, chives or parsley, stock cube (crumbled) and stir together! Mix and mash until fully incorporated and smooth.

Using clean hands, divide the mixture into 4-6 smooth round balls, and then flatten each ball into a round patty!

Place your beany burgers onto a lined baking tray, brush the top of each with a little rapeseed oil and place onto the middle shelf of the oven for 30 minutes.

Meanwhile, prepare your burger toppings, buns and sweet potato wedges – or whatever you choose to serve them with, but make sure you get some veggies in!

Remove beany burgers from the oven and serve up!



What keeps us healthy?



Using plant based proteins like

*beans*

as an alternative to meat, provides more **fibre**, vitamins, minerals, is often lower in saturated fat, less expensive and more **sustainable** for the

*environment!*

Did you also know that beans and pulses count as one of your

*5 a day*

vegetable portions – any beans will count!



