

Black Bean Burger (makes 2 burgers)



Ingredients:

- Half a can black beans, drained and rinsed
- 2 medium cloves garlic
- 2 spring onions, roughly chopped
- 30 grams cashews
- 50 grams oats
- 1 tablespoon light soy sauce
- 1 tablespoon red wine vinegar (I substitute this with red onion chutney)
- 1 teaspoon maple syrup

To Make:

1. Add all the dry ingredients to a food processor and pulse until chopped small. Scrape down the sides, and then add the soy sauce, red wine vinegar (or chutney), maple syrup and black beans. Process until you have a mostly smooth mixture with just a bit of texture.
2. Set the mixture aside for 5 minutes so that the oats have a chance to absorb any excess moisture.
3. Split the mixture into 2 halves. Roll each in the hand until a compact ball is formed.
4. These can be covered in clingfilm and left in the fridge at this stage.
5. When ready to cook, place the burgers into a frying pan, flatten the ball shape a little with the back of a spatula until you form patties.
6. Lightly fry for 5 mins on each side, turning the patties half way through cooking.