

HEINZ

RECIPE

Spicy bean burgers



Serves:

Makes 8 burgers



Preparation Time:

25 minutes (chilling time extra)



Cooking Time:

18 minutes



With crispy rolls, salad and chilli sauce

Ingredients:

- 415g (13½oz) can **Heinz Beanz**
- 1 tbsp light olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, crushed
- 1 red pepper, deseeded and finely chopped
- 1 tsp crushed dried chilli
- ½ tsp cayenne pepper
- 1 tsp Tabasco sauce
- 500g (1lb) mashed potato
- 3 tbsps chopped parsley
- 125g (4oz) fresh breadcrumbs
- Vegetable oil, for frying pepper

To serve:

- 8 crispy rolls
- Salad leaves
- 2 tomatoes, sliced

Method:

Heat the oil in a non stick frying pan and add the onion, garlic and red pepper. Cook over low-medium heat for 5 minutes or until cooked through but not coloured. Add the chilli, cayenne pepper and Tabasco sauce, cook for a further minute then remove from the heat. Leave to one side to cool.

Mix the onion mixture with the mashed potato, Heinz Beanz and parsley. Season well with pepper. Mix together using a potato masher or fork until thoroughly combined. Divide into 8 equal portions and drop each one into a large bowl of breadcrumbs.

Form into balls then flatten these slightly into burgers. Cover and chill for 30 minutes.

Heat a little oil in a shallow, non-stick frying pan and cook the bean burgers in batches for 3 minutes on each side or until heated through and slightly crisp. Drain well on kitchen paper.

Halve and toast the rolls. Top each base with salad leaves, slice of tomato and a burger and serve, accompanied with chilli if wished.