Reveal
beauty & wellness

Catriona McMorris

Mexican Style Bean Burger

These patties are so versatile and can be made as a batch cook and then freeze for burgers on the go . To reheat simply bake for 15 -20 minutes at 150 degree oven instead of putting on the pan again.

INGREDIENTS:

- 2 medium sweet potatoes scored and baked in the oven for 40 minutes
- 2 tins of kidney beans (You can also use tin of black beans here also)
- ½ sweet red pepper
- 1 clove garlic or dash of garlic powder
- ½ red onion
- 1 green jalapeno pepper (OPTIONAL if you don't like hot leave it out!)
- 100g – 150g of dried breadcrumbs (start with 100g and add the extra if mixture too sticky)
- 50g chopped cashew nuts (chopped into small pieces , blitz if you have a blender)
- 2 tbsp of sweetcorn
- 2tsp smoked paprika
- 1/2 tsp chilli powder
- Ground cumin
- Seasalt , Black Pepper
- Cold pressed olive oil for cooking
- Sesame seeds for tossing the patties or balls

METHOD:

- Score and bake your sweet potato in their jackets for 40 minutes in 180 degree oven
- Heat a pan using olive oil, gently saute your peppers, chilli peppers, red onion, and clove garlic if using for 10 minutes at a low heat
- Add in your seasalt, black pepper, chilli powder, paprika, cumin , cook for another 5-10 minutes, add a little water if sticking.
- Take off the heat and transfer to a bowl
- Add your breadcrumbs , cashew nuts, sweetcorn, kidney beans, breadcrumbs
- Remove the sweet potato and when cooled slightly scoop out the flesh and add to the bowl

- Mix all the ingredients together to get a nice bind , look for a mix that is not too sticky / not too dry
- Form into patties or balls
- Toss in some sesame seeds and work onto the pan
- Finish under the grill for extra browning !

(Adapt the recipe using more sweet potato / more breadcrumb / nuts so you get the correct consistency)

SERVING OPTIONS:

- Side salad with homemade guacamole (soft avocado , lime juice and a chopped tomato mashed together) and of course some natural yogurt instead of sour cream)
- Add a Wholegrain Bun or Homemade Wedges for a fuller meal