

Beetroot & Black Bean Burgers

Makes 4 large burgers

Prep time: 10 minutes

Cooking time: 10 minutes

Watch the video of Emma making the burgers here: https://youtu.be/bkZNuS_U63Y

Ingredients:

90g cooked black beans, or other cooked legume such as chickpeas or cannellini beans

90g firm tofu, finely crumbled

2 teaspoons miso paste

Big pinch of chilli flakes or 1 teaspoon chopped jalapeño peppers/chilli (optional)

1 raw egg*

2 tablespoons ground flax/linseed

15g pumpkin seeds

1 teaspoon whole cumin seeds (optional)

2 spring onions, finely chopped

90g raw beetroot, freshly grated (note it is important to use raw, rather than cooked, beetroot, otherwise your burger may be too wet)

Big pinch of salt and freshly ground pepper

1 tablespoon Extra Virgin Olive Oil, for cooking with

Method:

- In a large bowl add the cooked black beans, and using a fork, break them up a bit.
- Add the crumbled tofu, miso paste, egg and ground flax seed. Stir all these ingredients well to blend in the miso paste.
- Mix in the pumpkins and cumin seeds, finely chopped spring onions, and finally, grate in the beetroot (you may wish to wear some rubber gloves to grate the beetroot, to prevent your hands staining).
- If you have time, allow this mixture to rest for half an hour before cooking.
- When you are ready to cook the burgers, shape each one into a ball.
- For large burgers divide the mixture into 4 balls, for small falafel sized bites use 1 tablespoon of mixture.
- Put the olive oil into a large fry pan on medium heat and cook until the burgers have firmed up and cooked all the way through to the center.

- This should take approximately:
- Little burgers (using 1 tablespoon of raw mixture) - 4 - 5 minutes
- Big burgers (using ¼ of the raw mixture ingredients) 10 minutes.

Once cooked, eat them with various toppings, such as - cooked onions, avocado, yoghurt, wilted greens, pesto, sauerkraut or kimchi.

The raw mixture can be stored in the fridge for 1 day, or frozen, for later use.

*Vegan swaps: Leave out the egg and add an extra 1 tablespoon of ground flax/ linseed. Plus use firm tofu crumbled in. Make sure you leave the mixture to rest for ½ hour or more before cooking.

