

Eat The View



Recipes and Tips

These burgers are super tasty and quick to make, as well as being vegan.

Black Bean Burgers

Ingredients to make 6.

1 Bunch spring onions
1 red chilli (optional)
1 can (400g) black beans rinsed and drained.
70g breadcrumbs
1 can (400g) chickpeas rinsed and drained.
1 tsp paprika

Method

Put the spring onions and chilli in a food processor and chop finely.
Add the breadcrumbs, paprika and two thirds of the black beans. Whizz to combine.
Add the remaining black beans and the chickpeas and pulse briefly, leaving a slightly coarse texture.
Divide the mixture into six and flatten into 2cm thick patties.
Dust with flour and shallow fry in hot oil for 4 minutes each side.