

Bean Burgers

Ingredients

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- 400g kidney beans
 - 2 spring onions
 - 1 tsp cumin
 - 20g flour
- 4 potatoes, sliced into wedges
 - 1 tsp paprika
 - 2 tsp oil
 - 4 buns
- Salt and pepper to season

Method

- 1.** For your wedges, combine oil and paprika in a bowl. Use this mixture to coat your potato wedges before popping in the oven for 20 minutes or in the air fryer.
- 2.** Meanwhile to make your burgers, mash the kidney beans in a bowl until smooth. Add the spring onion, cumin, flour and a dash of salt and pepper.
- 3.** Mix well before dividing into four equal sized balls. Flatten onto a baking tray into a burger shape and brush with a little oil. Bake in the oven for 10 minutes each side or in the air fryer for 10 minutes.
- 4.** For the last minute of cooking, place your burgers in the oven to warm through but be careful not to toast.
- 5.** Top your burgers with sauce, avocado etc (toppings will adjust the nutritional value) and serve with the wedges.

The Finer Details

Per Portion

380 calories
75g carbs
15g protein
8g fat
