

# Veggie burgers



Serves  
4



## Ingredients

400g tin cannellini, borlotti or butter beans  
1 slice bread or handful of oats  
2 tablespoons fresh coriander  
1 onion  
2 cloves garlic  
2 tablespoons each ground coriander and cumin  
1 teaspoon chilli powder or paprika powder  
½ teaspoon salt and pepper to taste  
2 tablespoons plain flour  
2 tablespoons sunflower oil

## To serve

Wholemeal bread rolls  
Tomato ketchup  
Lettuce leaves  
Tomato

## Method

1. Drain the beans using a sieve over the sink, then place in a bowl.
2. Grate the bread into breadcrumbs (or oats) and add to the bowl.
3. Wash and chop the fresh coriander, peel and chop the onion and garlic. Add the coriander, onion, garlic, herbs, spices, salt and pepper to the bowl.
4. Blitz the bean mixture into a paste using a blender or mash with a potato masher or fork.
5. Tip the paste on to a plate. Lightly flour your hands and divide the mixture into four; form each into a flat burger shape.
6. Roll each burger lightly in flour – this helps to stop the burgers from breaking up. If they do break up, roll them in a little more flour. Place them on a plate and put in the fridge for 5 minutes. This will help them to firm up a little more.
7. Heat the oil in a frying pan for 2 – 3 minutes. Shallow fry the burgers on each side for 3 – 4 minutes until lightly browned and cooked through. If you have a large frying pan, you might be able to do all four at the time, if you only have a smaller pan then fry them in batches.
8. Toast the baps and spread with tomato ketchup and assemble your burgers with the lettuce leaf and slices of tomato.
9. Eat immediately or wrap in foil and place in the fridge.

# Coleslaw salad

Makes  
8

## Ingredients

- ½ finely sliced green cabbage
- ½ finely sliced purple cabbage
- 2 carrots, grated
- 1 bunch fresh parsley

### For the dressing:

- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 2 tablespoons honey
- 1 tablespoon wholegrain mustard

## Method

1. Shred the green cabbage and the purple cabbage with a peeler and place them in a medium serving bowl together.
2. Grate the carrot and chop the parsley.
3. Combine the veggies in a salad bowl.
5. Make the dressing by combining in a bowl the olive oil, lemon juice, the mustard and honey, whisk the ingredients together and drizzle over veggies.
6. Serve immediately, or keep in the fridge until ready to serve.

**Coleslaw means cabbage salad.** The variations are endless; use different vegetables with the cabbage such as cucumber or red onion, use herbs such as mint or coriander and change the dressing. For a South American taste, swap parsley and lemon juice for fresh coriander and lime juice and add some chilli flakes or hot sauce; for an Asian taste use toasted sesame oil, rice wine vinegar and soy sauce. Add noodles and tofu, chopped toasted peanuts or toasted sesame seeds to make a meal.

## TOP TIP!

Veggie burgers use beans as the source of protein rather than meat. This means that they are not only good for your health, they are good for the planet too. Reducing meat consumption, especially red meat, can help to reduce greenhouse gas emissions; which contribute to climate change. Try and eat vegetarian at least one day a week. It is healthy for you, kind to your purse and good for the planet.



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