



Veggie Burgers

Ingredients

1 tsp olive oil	120g can butter beans, drained
1 red onion, chopped	1 slice seeded bread, torn into pieces
2 cloves garlic	4 small brioche burger buns
1 carrot, grated	40g Flora ProActiv Light
1 large flat mushroom, chopped	Lettuce leaves
1 tsp paprika	2 small tomatoes
½ tsp cumin	4 tbsp Light mayonnaise
Ground black pepper	



Method

Preheat the oven to 220°C/200°C Fan/Gas mark 7.

Heat olive oil in a large frying pan and fry onion over a medium heat for about three minutes.

Add carrot, mushrooms and garlic and cook for another five minutes.

Add the spices and black pepper and cook for another minute. Remove from the heat.

Add about three quarters of the beans, the mushroom mixture and the bread to a food processor and pulse until the mixture starts to come together.

Add the remaining beans and pulse briefly so some of the beans are still whole.

Shape the mixture into 4 burger shapes. Place onto a baking tray lined with baking parchment.

Cook for 20-25 minutes until lightly browned and hot all the way through.

Serve with toasted roll spread with Flora ProActiv Light, and topped with slices of tomato, lettuce and light mayonnaise.