



MUSHROOM AND BLACK BEAN VEGGIE BURGERS

INGREDIENTS

- 150 g diced portobello mushrooms
- 1 tablespoon fresh chopped herbs
- 125 g cooked black beans, rinsed and divided
- 100 g fresh minced cauliflower
- 75 g red onion, finely diced
- 3 extra large eggs, beaten
- 60 g fine breadcrumbs
- 1 tablespoon Worcestershire sauce (for vegans use a vegan sauce instead)
- 1 tablespoon finely crushed garlic
- 75 g fresh grated Parmesan (for vegans use a vegan cheese instead)
- olive oil

METHOD

1. In a large bowl, add 125 g of black beans and mash.
2. Next, add in the mushrooms, cauliflower, garlic, onion, Worcestershire sauce and herbs.
3. Add in the eggs, cheese and breadcrumbs and mix gently with a large spoon until the mixture is combined.
4. Using damp hands to avoid the mixture sticking, scoop a ½ cup of mixture into the palm of your hand and gently shape into a burger patty all the while pressing it tightly together. If need be, add more breadcrumbs to stiffen the mixture. Set aside.
5. Heat the oil in a non-stick pan and fry the patties for 5 minutes per side or until golden brown and a crust has formed on each side.
6. Serve with tomato chutney, guacamole or tzatziki.

Mushrooms are a source of antioxidants ✓

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PREP TIME 15min
COOK TIME 12min
⌚ **TOTAL** 27min
SERVES 6-8