

BRILLIANT BEAN BURGERS



These delicious bean burgers will be top pick at your next picnic or party. They are easy to make and good for you too!



INGREDIENTS (serves 3): • 1 can (400g) mixed beans in water • 100g sweetcorn frozen or canned • 1 tablespoon fresh coriander, chopped • 1 medium egg yolk (ask an adult to separate the egg for you) • 30g wholemeal breadcrumbs • Drop of sunflower oil • 3 wholemeal rolls • lettuce leaves • 1 tomato, sliced

EQUIPMENT: • Mixing bowl • large fork • tablespoon • non-stick frying pan • fish slice • knife • chopping board • small plate

Did you know?

Pulses like beans, chickpeas and lentils count as one of your 5 A DAY. They are a good source of protein and fibre. Your body needs protein to grow and to keep you healthy, and fibre helps you go to the toilet often enough. There are lots of different types of bean. Can you name three?



1



Drain the beans and put them into a mixing bowl. Using a large fork mash them until they make a rough paste. Mix in the sweetcorn and coriander.

2



Add the egg yolk and breadcrumbs, then use your hands to mix the ingredients together. Divide into three parts and shape them into burgers.

3



Ask an adult to heat a drop of oil in the frying pan and cook the burgers until they are hot all the way through. Using a fish slice remove the burgers from the pan and keep to one side.

4



Open one roll and add some lettuce leaves, two slices of tomato and one of the burgers. Enjoy your burger while it's warm!



Why not try to make your own breadcrumbs? Just toast a slice of wholemeal bread and let it cool down. Then grate the bread with a cheese grater, but watch your fingers. It's that simple!