

# Spicy bean burgers

## Equipment

Chopping board, knife, can opener, masher, mixing bowl, measuring spoons, spatula, fish slice, flour dredger, baking tray

## Skills

Using a food processor, grilling, shaping

## Heat Transfer

Radiation

## Keywords

Food processor, breadcrumbs, chop, grill, deseed, peel, drain

## Ingredients

1 slice of bread  
1 x 400g can red kidney beans  
 $\frac{1}{2}$  onion  
 $\frac{1}{2}$  green chilli  
1 tsp chilli powder  
1tsp mixed herbs

## Method

1. Preheat the grill.
2. Put the bread in the food processor and blitz until it resembles breadcrumbs. Pour these crumbs into a mixing bowl.
3. Deseed and chop the chilli
4. Peel and chop the onion
5. Drain and rinse the kidney beans
6. Place the kidney beans, onion, chilli, chilli powder and herbs into a mixing bowl and mash with the masher until it's a paste. ( You could use a food processor but today **YOU** are the food processor).
7. Add the breadcrumbs and mix in.
8. On a lightly floured chopping board, divide and shape the bean mixture into 8 small patties.
9. Grill the patties for 8 minutes, turning after 4 minutes.
10. Serve in a bun with garnish.