



# Veggie bean burgers

## Equipment

- Bowl
- Fork or potato masher
- Spoon
- Baking tray
- Plates
- Cutlery

## Ingredients

Makes four burgers

- 400g tin of chickpeas (or beans such as butterbeans), drained and rinsed
- 300g cooked mashed vegetables such as carrots, squash, or sweet potato
- One garlic clove, crushed
- One tablespoon of sunflower, vegetable, or olive oil
- A pinch of ground cumin, coriander, or paprika
- Fresh ground black pepper
- Four tablespoons of sesame seeds or breadcrumbs

## Method

1. Preheat the oven to 200C (180C fan, gas mark six).
2. Mash the beans or chickpeas in a bowl.
3. Add the garlic, herbs, and vegetables and mix well.
4. Roll the mixture into four burger-sized balls with wet hands.
5. Flatten the balls slightly.
6. Coat the balls with sesame seeds or breadcrumbs.
7. Drizzle the oil onto the baking tray.
8. Put the bean burgers on the tray and cook them for 20–30 minutes. Turn them halfway through the cooking time to make sure they cook thoroughly.
9. Serve the bean burgers and enjoy.