

Vegan Burgers

Makes 4

Ingredients

- 2 tbsp oil divided, for cooking
- 1 onion finely diced
- 3 tbsp Ground flax seeds + 3 tbsp hot water
- 2 garlic cloves minced
- ½ cup Rolled oats (gluten-free as needed)
- A 400g tin of kidney beans or black beans (rinsed & drained)
- 1 tbsp tomato puree
- 1 tbsp cumin powder
- 1 tbsp smoked paprika
- ½ tsp sea salt
- ½ tsp black pepper

To Serve

- 4 burger buns
- Lettuce, tomatoes, cucumber, onions etc.
- 3-4 tbsp vegan barbecue sauce (optional for coating)

Equipment

Frying pan, a sharp knife, chopping board, spatula and a mixing bowl

Method

1. Heat 1 tbsp of oil in a frying pan over medium heat. Sauté the onions until translucent, then add the garlic and sauté and set aside.
2. Then in a small dish, cover the ground flax seeds with 3 tbsp of hot water and set aside.
3. Put the beans, oats, flax mixture, onions, garlic, tomato puree, cumin, paprika salt and pepper into a mixing bowl and mash together to form a paste. This can be done with a potato masher or in a food processor if you have one. If it is too dry you can add some BBQ sauce. Taste and adjust your seasoning as needed.
4. Form the mixture into four burger patties, about an inch (2cm) thick.
5. Heat the remaining oil in a frying pan. Add the burgers and cook for about five minutes or until well browned, then flip and cook from the other side.