We are ready......

**Bean burger**

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**Suggested portion**

**Size for recipe**

1–2 years – 50g

3–4 years – 70g

**Ingredients – Serves 5**

**Vegetable oi**l 1 tablespoon

**Onion, peeled** 30g (½ small onion)

**Mushrooms** 30g (3 mushrooms)

**Parsley, fresh** ½ tablespoon

**Canned cannellini beans, no** 1 x 225g can

**added salt or sugar, drained**  (drained weight, 140g)

**Canned red kidney beans, no** ½ x 225g can

**added salt or sugar, drained** (drained weight, 70g)

**Egg, beaten** ½ egg (25g)

**White breadcrumbs** 30g (1 slice)

**Black pepper** 1 pinch

**Plain flour** 15g

**Method**

1. Preheat the oven to 180°C/350°F/gas mark 4. Grease a baking tray with half the oil.

2. Finely chop the onion, mushrooms and parsley.

3. Heat half the oil in a frying pan and fry the onion until softened.

4. Add the mushrooms and parsley and cook until the mushrooms have softened. Remove the mixture from the heat and leave to cool.

5. Mash the beans together in a bowl, add the mushroom mixture and combine with the beaten egg, breadcrumbs and pepper. Cover and place in the fridge for 30 minutes.

6. Divide the bean mixture into burger shapes, roll in the flour, place on a greased baking tray and oven cook until heated through.