

We are ready.....

Bean burger



Suggested portion

Size for recipe

1-2 years - 50g

3-4 years - 70g

Ingredients - Serves 5

Vegetable oil	1 tablespoon
Onion, peeled	30g ($\frac{1}{2}$ small onion)
Mushrooms	30g (3 mushrooms)
Parsley, fresh	$\frac{1}{2}$ tablespoon
Canned cannellini beans, no added salt or sugar, drained	1 x 225g can (drained weight, 140g)
Canned red kidney beans, no added salt or sugar, drained	$\frac{1}{2}$ x 225g can (drained weight, 70g)
Egg, beaten	$\frac{1}{2}$ 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.