



BLACK BEAN BURGERS

Courtesy of Grains and Legumes Nutrition Council



Method:

1. Cook the couscous according to packet directions. Cover and set aside for 5 minutes.
2. In a medium saucepan, cook the zucchini, carrot and sweetcorn until no moisture remains.
3. Place black beans and egg in a food processor and process until pureed. Transfer to a bowl. Stir in the couscous, vegetables, spring onions and coriander. Shape into 6 patties and grill or cook in a non-stick frying pan.
4. Make the burgers by layering lettuce, red onion, tomatoes, cucumber and couscous patties and a dollop of yoghurt between the rolls.

Ingredients:

- 1/2 cup wholemeal couscous
- 1 zucchini, grated
- 1 carrot, grated
- 1/2 cup sweetcorn
- 1 x 400g can black beans, rinsed and drained
- 1 egg
- 2 spring onions, finely chopped
- 2 tbsp chopped coriander
- 6 wholemeal rolls
- 1/2 cup baby spinach leaves
- 2 tomatoes, sliced
- 1 small red onion, finely sliced
- 1 cucumber, finely sliced
- 1/4 cup natural Greek yoghurt

Nutrition Information

Serves 2 people.

Nutrient	Per serve
Energy	1695 kJ
Protein	19.2 g
Fat	5 g
Saturated Fat	1.4 g
Carbohydrate	62 g
Fibre	4.5 g

HOT TIPS

Black beans are a great vegetarian substitute for mince, as it is high in protein and fibre. Mix it up and use wheat berries or buckwheat instead of quinoa.

