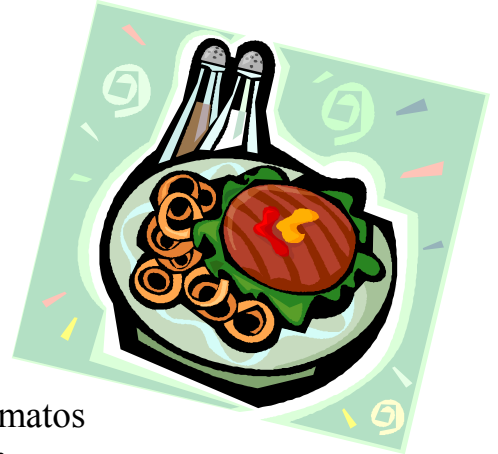


MEXICAN BURGERS

(In Pairs)

Cooking Utensil: 1 Frypan
Preparation Time: 15 Minutes
Cooking Time: 10–20 mins.



Ingredients

Pattie

140g red Kidney beans (rinsed)
½ small Onion, roughly chopped
1 cloves Garlic
½ T Coriander (fresh), chopped
¼ C Rolled Oats
½ Egg
¼ Capsicum, finely diced
¾ T Plain Flour
¾ T Olive Oil

Salsa

⅓ can Tomatos
1/8 Onion
¼ Capsicum
1 Clove Garlic

Extras

2 Lettuce Leaves
2 wholemeal mini pita breads
(toasted)

Coating

1 Tbsp Plain Flour

Method

Salsa

- Sauté onion, garlic and capsicum; add tomato and simmer all ingredients for 15 minutes

Patties

- Place kidney beans, onion, garlic and coriander in a food processor and pulse until blended but still coarse. Transfer to a large bowl. Add oats, egg and capsicum. Mix together well
- Divide the mixture into 2 portions and mould each portions into a pattie. Coat in flour and shake off any excess.
- Heat the oil in a non-stick pan. Cook the patties in over a medium heat for 4 minutes on each side, or until golden brown and cooked through.
- Place a lettuce leaf on a toasted pita bread, add the pattie and spoon the tomato salsa over the top, and serve

