

Meat-free Monday **Black bean burgers**

- beans - black (canned) | 425g
- rice - brown (cooked) | 1 cup
- onion - brown | 1 small
- spring onion | 2
- tabasco sauce | 0.5 teaspoon (optional)
- egg | 1
- breadcrumbs - wholemeal | 0.25 cup
- salsa | 6 tbs
- hamburger buns | 4
- yoghurt - low-fat | 0.25 cup
- lettuce - romaine | 4 leaves
- avocado | 1 (optional)



Serves 4: Preheat oven to 180°C.

In a large bowl, coarsely mash beans with a potato masher or fork.

Add cooked rice, chopped onions, Tabasco sauce (if desired), egg, breadcrumbs and two tablespoons of the salsa. Mix well.

Divide mixture and form into patties 2cm thick patties.

Cook patties over medium heat in a non-stick fry pan for 4-5 minutes each side or until lightly browned. Transfer to a baking dish and finish cooking in preheated oven for 10 minutes.

Meanwhile, in a small bowl, combine remaining salsa and yoghurt. Serve with lettuce and avocado (if desired) as a condiment to your burger.



**SNAP A PHOTO
OF THIS RECIPE**
and get cooking
at home.

Why go meat-free for some meals? Cutting out just half a serving of meat every day and replacing it with a plant protein like beans can decrease your risk of developing type 2 diabetes.