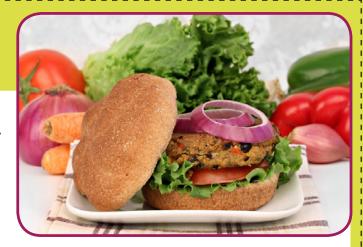
## Recipe: spicy black bean burger



These spicy black bean burgers are great to eat when chilling with your mates or when you need a bit of energy!



FEEL 100%?

## Ingredients:

1 can black beans (drained and rinsed), 1/2 onion, 1 egg, 1 tablespoon chilli powder/flakes, 1 teaspoon cumin, 1 green bell pepper, 1/2 cup breadcrumbs

## Method:

- 1. Mash up black beans in a medium bowl, using a fork.
- 2. Chop up onion and pepper and stir in with the beans.
- 3. In a separate bowl, stir together the egg and the chilli powder/flakes and cumin.
- 4. Stir the egg mixture into the mashed beans and mix in the breadcrumbs.
- 5. Once the mixture holds together, divide into 4 patties.
- 6. Brush the pan with vegetable oil. Cook on a medium heat on both sides until brown and hot all the way through.
- 7. Serve in a bun, with salad. You could also make some homemade sweet potato wedges for a healthy, tasty side dish!

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.