

ELA'S ADUKI BEAN & BREADCRUMB BURGERS

INGREDIENTS (6 SERVINGS)

- 250g aduki beans
- 1 onion, peeled and diced
- 1 small pumpkin or squash
- 1cm cube of ginger, grated
- 150g of breadcrumbs
- 2 cloves of garlic, peeled and finely chopped
- 1 egg
- A small handful of fresh thyme
- A small handful of fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander

METHOD:

- If using dry aduki beans, soak overnight. Alternatively you can use tinned aduki beans. These will last in your cupboard for ages and are a good staple to have.
- Preheat the oven to 180°C (160°C in a fan assisted oven).
- Add the beans to boiling water and simmer for 5 minutes.
- Add the onion, and pumpkin or squash chunks and ginger and simmer until soft. Remove from the heat and drain the water.
- Mash the mixture with 100g of breadcrumbs, garlic, herbs, spices and egg.
- Form the mixture into small balls and coat with more breadcrumbs.
- Place on a baking tray and and cook for 20-30 minutes, or until crispy.



This is such a great recipe if you've got old bread lying around. When you have a dry piece of bread you can always use it for breadcrumbs. Use a food processor or a sharp grater with small holes and then store the crumbs in a glass jar and use when needed.



WHERE TO FIND IT?

Bonnington Café,
11 Vauxhall Grove,
Vauxhall, SW8 1TD