

Recipe: Spicy black bean burger



Chilled-out



Energised

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



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%.

WANT TO
FEEL 100%?