

# Spicy Beanburgers with Avocado Salsa

We should all be eating less meat not only as part of a healthier diet, but also as a way of reducing the amount of CO2 in the Earth's atmosphere. These burgers are a great alternative to meaty versions and use store cupboard ingredients too. We haven't used too much spice, but you could add more if you like!

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



TAKE & MAKE BOXES ARE MANUFACTURED IN A FACTORY THAT ALSO HANDLES CELERY, GLUTEN, EGGS, LUPIN, MILK, MUSTARD, PEANUTS, SESAME, SOYBEANS, SULPHUR DIOXIDE AND SULPHITES AND TREE NUTS. THEREFORE, THIS PRODUCT MAY CONTAIN TRACE ALLERGENS THAT HAVE NOT OTHERWISE BEEN DECLARED.

## Equipment you will need:

Sieve/colander	Spatula
Saucepan	Cutlery knife & spoon
Chopping board	Sharp knife
Tin opener	Grater
Mixing bowl	Measuring spoons
Small bowl	Non-stick frying pan
Potato masher	

## Ingredients (allergens highlighted in bold):

### For the Burgers:

1 onion  
1 carrot  
1 400g tin kidney beans  
1 teaspoon ground cumin  
1 tablespoon flour  
1 tablespoon oil

### For the Salsa:

1 avocado  
1 lime

### To Serve:

**Tomato ketchup**  
Vegan mayonnaise  
Fresh tomatoes  
**Bread rolls**

You may also need scissors to open our sachets

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Find other recipes at: [mayorsfundforlondon.org.uk/kitchen-social/take-and-make](https://www.mayorsfundforlondon.org.uk/kitchen-social/take-and-make)  
Share your feedback in our survey: [www.surveymonkey.co.uk/r/TakeandMake](https://www.surveymonkey.co.uk/r/TakeandMake)



## Instructions:

1. Drain the kidney beans into a sieve, rinse under a tap and then place in a saucepan. Cover with water and boil for 10 minutes to help soften them. This can be done ahead of time if you like.
2. Meanwhile, peel and finely chop the onion. Grate the carrot. Heat half the oil in a frying pan over a medium heat, add the onion, carrot and the cumin and fry gently until soft.
3. Drain the beans and combine with the fried onion and carrot in a mixing bowl. Mash together until you have a smooth(ish) puree. Add the flour to the mix and combine with a spoon. Wait until the mixture is cool enough to handle.
4. Meanwhile, slice the tomatoes and prepare your salsa. Carefully halve your avocado and scoop out the stone with a spoon. Use a cutlery knife to crosshatch and scoop out the avocado with a spoon into the small bowl.
5. Cut the lime in half and squeeze half the lime's juice over the avocado. Stir it up to combine, you may want to mash the avocado slightly.
6. When the burger mix is cool enough, divide into four even portions. Roll into balls with your hands and then flatten to make burger shapes. TOP TIP - having flour on your hands will make this bit easier. Chilling the shaped burgers before cooking them makes them easier to handle too.
7. Heat the remaining oil in the frying pan over a medium heat. Cook the burgers for 3 – 5 minutes on the first side or until golden and crispy then carefully turn over and cook the other side.
8. Carefully slice and toast the rolls. Serve the burgers with sliced tomatoes, avocado salsa and your favourite sauce, relish or mayo.

### Cooking for more than 4?

Bulk up the meal by cutting two potatoes into wedges, coating with oil and baking for 20 – 30 minutes until golden



If 25% of the food currently being lost or wasted globally were saved, it would be enough to feed 870 million people around the world.