

Mexican Bean Burger Recipe

Mexican cooking is steeped in history and dates back some 9,000 years to the Maya civilisation. Over time, it has been influenced by countries from around the world, especially European nations such as Spain.

Today, Mexican food is known for its variety and richness in flavour, from tangy limes to spicy chillies!



Bean Burgers are a typical Mexican dish. They are a healthy alternative to burgers made from meat and are super-easy to make. Bean Burgers are naturally low in fat, packed with protein and mouth-wateringly delicious!

Here's what you'll need:

Ingredients

Bean Burger:

2 400g cans of kidney beans (rinsed and drained)

100g of breadcrumbs

2 tsp of **mild** chilli powder

Coriander (chopped leaves)

1 egg

200g of fresh salsa

150ml of low-fat natural yoghurt

Juice of half a lime

Optional: salt and pepper

Served with:

Six wholemeal burger buns

Avocado, sliced

Red onion, sliced

Salad, such as lettuce and tomato

Equipment

2 large bowls

A potato masher

A fork

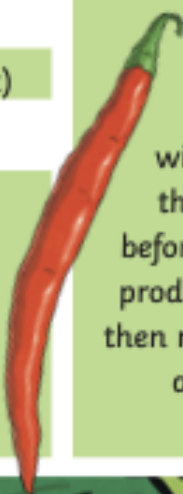
A baking tray

A grill (to be used with help from an adult)

A kitchen utensil, such as a fish slice

Nothing New! Did You Know...?

The Maya people used many foods still used in Mexican cooking today, such as squash, beans, maize and chilli peppers.



Spanish Influence Did You Know...?

When Spain invaded the Aztecs of Mexico in the 16th century, they brought with them lots of ingredients that Mexico had never seen before. Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.

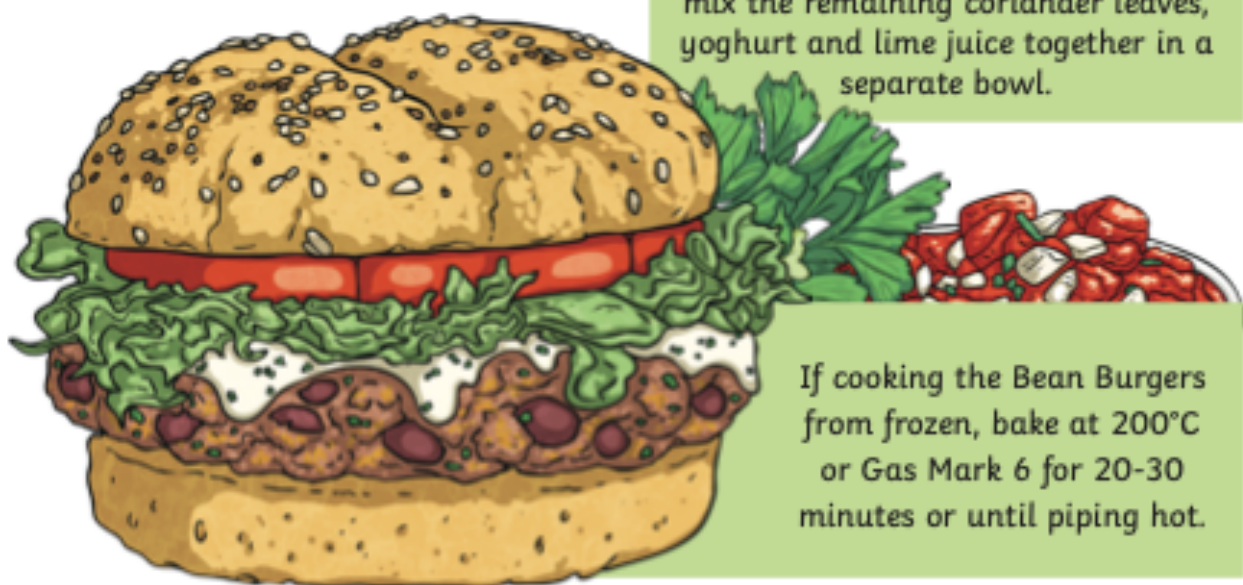
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Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder and half of the coriander leaves into the bowl containing the mashed kidney beans.
3. Next, add the egg and salsa.
4. Sprinkle a pinch of salt and pepper (optional) and mix everything together using a fork.
5. Once the ingredients are blended, wet your hands and prepare to get messy! Using your fingers, divide the mixture into six (roughly equal) parts and mould them into burger shapes.
6. If you wish to, you can now freeze the burgers to use at another time.
7. Otherwise, slide the burgers onto a non-stick baking tray.
8. With an adult's help, turn on the grill to a medium heat.
9. Grill the burgers for approximately 4-5 minutes.
10. Using a utensil such as a fish slice, flip the burgers over and cook the other side for another 4-5 minutes or until golden and crisp.
11. Once cooked, place the Bean Burgers into their buns and add a generous dollop of sauce.
12. Serve with sliced avocado, onions and salad.
13. Time to devour! Enjoy your scrumptious Mexican Bean Burger!

Mexican Bean Burger Sauce

While the burgers are under the grill, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.



If cooking the Bean Burgers from frozen, bake at 200°C or Gas Mark 6 for 20-30 minutes or until piping hot.