

Veggie Hot Dogs

Ingredients

Serves 8

200g cooked kidney beans, drained weight
6 wholewheat hot dog rolls (or regular ones)
2 carrots
1 tbsp coriander leaves
2 tbsp mint leaves
1/2 lime
200g fresh breadcrumbs
1/2 tsp turmeric
Salt and pepper
1 egg
60g white sesame seeds
1 tbsp vegetable or sunflower oil
Ketchup, mustard and mayo



You will need
Colander
Peeler and grater
Two mixing bowls
Lined baking tray

Method

1. Put the kidney beans into a colander and give them a rinse under the cold tap.
2. Peel the carrots and grate them, being careful not to grate your knuckles at the same time.
3. Chop the herbs then squeeze the juice from the lime half into a bowl.
4. Put the kidney beans into a large mixing bowl and mash them with a potato masher or fork until they are all broken up and mixed together.
5. Add the grated carrots, lime juice, breadcrumbs, turmeric and salt and pepper. Crack in the egg and add the chopped herbs. Mix together with clean hands, until everything is evenly mixed through.
6. Spread out the sesame seeds in a shallow bowl or on a plate.
7. Shape the mixture into 6 hot dog-style sausages. Coat them lightly in oil, using your fingers, then roll in the sesame seeds to cover them all over. Put the sausages in the fridge for about an hour to firm up.
8. Heat your oven to 200 C/180 C fan/gas mark 6 and line a baking tray with some foil.
9. Put the chilled sausages on to the foil-lined baking tray and bake in the hot oven for 10 to 15 minutes until the sesame seeds are toasted and the sausages are heated through.
11. Cut open the rolls and spread with some ketchup, mustard and mayo in whatever combination you like then put the veggie hot dogs inside and top with more sauce and crunchy salad.

Remember!

Grown-ups like you to ask for help when using hot, sharp or heavy stuff in the kitchen.

matilda
and the
Ramsay bunch