

Big Bad Bean Burger



Method

1. In a large mixing bowl tip in the red kidney beans, grated carrot, chopped onion and the spices. Add the table spoon of plain flour and mash all the ingredients together with a potato masher. You want to make sure everything is mashed well together.

2. Next, with very clean hands, divide the mix into 3 balls. You want each ball to be equal and about the size of a burger patty.

3. On a floured chopping board, flatten the balls carefully, shaping them into burger patties. If they are a bit sticky, you can dust each one with a little extra flour. This also helps them to turn nice and crispy when you fry them!

4. Heat a tablespoon of oil in a large frying pan on medium heat and carefully place each burger into the pan. This is a hob job so ask your grown-up helper for help doing this as the hob will be hot, hot hot!

5. Let each burger fry for at least 5 minutes on each side, or until they are browning and crispy. Once they are cooked, take them off the heat and allow to cool slightly.

6. Now you can make your wolf burger bun. Take the top off the burger bun and then ask your grown-up helper to cut two slits into the top. You can place two triangular pieces of carrot to be the ears in these slits. You could also add two more carrot triangles to be the pointy teeth!

7. Spread some mayonnaise or ketchup on the base of the bun, and carefully add your cooked burger patty. Place some lettuce leaves, slices of tomato or whatever burger topping you like on top.

8. Then we can finish off with some wolf eyes. You can use two cherry tomatoes and a dab of mayonnaise to glue two halves of black olive in place for the pupils. Then just add your wolf burger bun top and your bean burger is complete!

Ingredients

- 400g tin of kidney beans, drained.
- 1 small white onion, finely chopped.
- 4 medium carrots, grated plus 1 carrot cut into triangles for decoration.
- Half a teaspoon of paprika, ground cumin and ground coriander.
- One tablespoon of plain flour - plus extra for dusting patties.
- 1 tbsp of Sunflower oil.
- Burger buns, one for each burger.
- A few leaves of lettuce, washed.
- 1 large tomato, cut into slices plus two cherry tomatoes, cut in half.
- A few black olives for decoration.