



COME ON

LET'S  
DO  
THIS

Fat	Saturates	Sugar	Salt
LOW	LOW	LOW	MED

per 100g

Portions  
fruit & veg  
per serving  
2

# Spicy bean burgers

For more tasty recipes with a healthy boost, visit  
[lets-dothis.org.uk](https://lets-dothis.org.uk)

Recipe includes a  
healthy boost

Serves 4 | prep 30 mins | cook 10 mins

# Spicy bean burgers

Tasty and fun to make, these spicy bean burgers have a **healthy boost** of grated carrot and onion. The kids will love building their burgers too!

## Ingredients

- 1 slice wholemeal bread, crumbled
- 1 egg, beaten
- 400g tin mixed beans, drained and rinsed (240g)
- 2 tsp mild smoked paprika
- 1 tsp oregano
- Pinch chilli flakes
- 2 cloves garlic, crushed
- To serve 4 wholemeal rolls
- Leaves from 1 little gem lettuce (90g)
- 2 large tomatoes (160g), sliced
- 1 large red onion (80g), thinly sliced.

## Healthy boost ingredients

- 2 onions (160g), grated
- 1 large carrot (160g), grated.

## Method

1. In a bowl, with a fork mix the bread with the egg to create a rough paste
2. Place the beans in a large bowl and roughly mash. Stir in the remaining ingredients and combine well, then add the bread and egg mixture and mix together (with your hands is best) until everything is combined
3. Divide the mixture into 4 and form each into patties or burgers
4. Place on a nonstick baking sheet and grill for 4–5 minutes each side
5. Serve in a wholemeal roll filled with lettuce, tomatoes and red onion.



## Nutritional information

Each serving contains:

Calories	Fat	Saturates	Sugars	Salt
<b>353</b>	<b>4.5g</b>	<b>0.9g</b>	<b>10g</b>	<b>1.1g</b>
<b>18%</b>	<b>6%</b>	<b>5%</b>	<b>11%</b>	<b>18%</b>

%= an adult's reference intake

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