

BLACK BEAN, CHIPOTLE & THREE-CHEESE BURGER





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Preparation time: 15 minutes

Cooking time: 20 minutes

Serves: 4

Difficulty: ★★

2 x 400g cans black beans, drained and rinsed

6 green shallots, finely sliced

6 cloves garlic, minced

¼ cup extra virgin olive oil

sea salt flakes and freshly-ground black pepper

1 Tbsp chipotle chilli in adobo sauce, very finely chopped

2 Tbsp cashew butter

1 egg

1 cup panko breadcrumbs

½ cup feta, crumbled

4 red Leicester cheese

4 x soft hamburger buns

100g spreadable cream cheese

butter lettuce, carrot sauerkraut and crushed potato crisps and aioli, to serve

1 Preheat oven to 180°C. Arrange the black beans on an oven tray and bake for 15 minutes, until the skins begin to split. Sauté the shallots and garlic in half the olive oil in a pan over a moderate heat for 5 minutes, until softened. Season with salt and pepper.

2 Mix the beans, shallots, chipotle, cashew butter, egg, half the panko and feta in a bowl and knead until the mix holds together. Roll in the remaining panko. Fry in the remaining oil until crisp and hot. Arrange the Leicester cheese on top to melt.

3 Spread the burger bun bases with cream cheese, put the lettuce, carrot sauerkraut and patties on top, then finish with the crushed crisps and aioli.