Beetroot, Walnut and Butter Bean Patties

8 patties, 2 per portion · Active 30 min · Total 1 hr 20 min

Skills: Intermediate

Ingredients

- 1 can butter beans (15 oz/425 g), drained and rinsed
- 8 oz plain cooked beetroot, drained and patted dry (225 g)
- 1/2 cup finely chopped walnuts (50 g)
- 3/4 cup rolled oats (70 g), plus 1 tablespoon only if needed
- 1 tablespoon Dijon mustard (15 g)
- 1 teaspoon ground cumin
- 1/2 teaspoon fine salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon olive oil (15 ml)

Set out

Conventional oven, Grater, Mixing bowl, Potato masher or fork, Rimmed metal baking tray, Wide spatula

Allergens

Tree nuts, Oats, Mustard. Check labels and substitutions.

Make it

1. Mash butter beans thoroughly in the bowl. Coarsely grate the dry cooked beetroot and add it with walnuts, oats, mustard, cumin, salt and black pepper. Mix until cohesive.

2. Refrigerate for 20 minutes. Squeeze a small amount: it should hold together. If very wet, add 1 tablespoon oats and wait 5 minutes.

3. Heat the oven to 400°F/200°C. Brush the baking tray with half the oil. Shape eight patties about 2 1/2 inches across and 1/2 inch thick. Put on the tray and brush tops with remaining oil.

4. Bake for 15 minutes, turn carefully and bake for another 8–10 minutes until hot throughout and lightly crisp at the edges.

5. Rest for 5 minutes before lifting. Serve or cool promptly in a single layer for refrigerated portions.

Two useful ways to pack

Two patties can go into a cold grain-and-vegetable box, or into a roll with dry leaves and a separate sauce pot. They are soft enough that a rigid container is more useful than a loose bag.

A useful detail

Do not replace cooked beetroot with raw grated beetroot in this method. Its moisture and texture are different and it may remain too firm.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, in shallow covered containers at 40°F/4°C or below for up to 3 days. Freeze cooled patties for up to 2 months. Thaw in the refrigerator and reheat to 165°F/74°C.