Kidney Bean and Carrot Burgers with Tangy Slaw

4 bean burgers in buns, each with one quarter of the slaw · Active 30 min · Total 1 hr

Skills: Easy

Ingredients

• 2 cans kidney beans (15 oz/425 g each), drained and rinsed to give 480 g total

• 1 large carrot, finely grated (150 g prepared)

• 3/4 cup plain dry bread crumbs (70 g)

• 1 large egg (50 g without shell)

• 1 teaspoon ground cumin (2 g)

• 1/2 teaspoon fine salt (3 g), divided

• 1/4 teaspoon ground black pepper (0.5 g)

• 1 tablespoon neutral oil (15 ml)

• 4 plain burger buns (240 g total)

• 3 cups finely shredded cabbage (240 g)

• 1/2 cup plain yogurt (120 g)

• 1 tablespoon cider vinegar (15 ml)

• 1 teaspoon prepared mustard (5 g)

Set out

12-inch/30 cm nonstick skillet, Mixing bowls, Coarse grater, Broad spatula, Food thermometer

Allergens

Wheat, Egg, Milk, Mustard. Check labels and substitutions.

Make it

1. Put drained beans in the dry skillet over medium heat. Mash roughly and stir for 3–4 minutes to release excess moisture. Transfer to a bowl and cool for 10 minutes.

2. Mix in carrot, crumbs, egg, cumin, half the salt and black pepper. Shape into four patties about 4 inches/10 cm across and 3/4 inch/2 cm thick. Cover and refrigerate for 15 minutes.

3. Meanwhile, toss cabbage with yogurt, vinegar, mustard and remaining salt. Keep refrigerated until serving. Split buns.

4. Heat oil in the skillet over medium heat. Cook patties for 5–6 minutes per side, turning once, until browned and centers reach 160°F/71°C. Warm cut bun faces briefly in a clean pan if desired.

5. Serve each patty in a bun with one quarter of the slaw, placing some inside and the rest alongside.

Make four portions before cooking

Divide the mixture into quarters before shaping so the last burger is not half the size of the first. A small amount of grated carrot adds texture without requiring a second can of beans. Buy buns you will use, or freeze the unused ones promptly rather than leaving a partial package to go stale.

A useful detail

If using a smaller skillet, cook two patties at a time and allow an additional 10–12 minutes. Do not crowd four large burgers into a pan that cannot leave space around them.

Keep it well

Refrigerate cooked patties and slaw separately within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use patties within 3 days and slaw within 2 days. Reheat patties to 165°F/74°C. Freeze patties separately for up to 2 months; assemble buns fresh.