Mexican bean burgers 😊

**Ingredients:**

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| 1  50g  1 tsp  Bunch  1  2 tbsp  4 | Tin kidneys beans  Breadcrumbs  Mild chilli powder  Chopped coriander  Egg  Salsa  Bread rolls |

**Method:**

* + Drain and pour the tin of kidney beans into a mixing bowl and add to this the breadcrumbs. Using a potato masher or fork, mash the beans!
  + Add the chilli powder, chopped coriander, egg and salsa to the mixture. Mix together.
  + Bind the mixture into a large ball and then split into 4 equal pieces.
  + Roll out these smaller pieces and press down so that they form a burger shape.
  + Lightly fry on both sides for 2 minutes on a high heat.
  + Place on an oven tray and cook in an oven at 170c for 15 minutes.



* + Slice a burger bun in half, put the veggie burger in, cover with a layer of cheese and a splodge of ketchup and enjoy 😊

Please remember to send in your photos of you cooking the recipe and also the finished product. Send pictures in to [alanrtilley@mail.com](mailto:alanrtilley@mail.com) or text them across to 07817777739