

Mexican Bean Burger with Guacamole

Ingredients

- 50g spring onion, finely chopped
- ½ tsp chilli powder
- pinch of smoked paprika
- 1 clove garlic, crushed
- 160g drained tin of mixed beans

For the Guacamole;

- 80g or half small ripe avocado
- juice of half a lime
- salt and freshly ground black pepper

Preparation

1. Cook the onion, chilli, soaked paprika and garlic in a little water or vegetable stock until the onion is soft
2. Place the onion mixture into a food processor with the drained mixed beans and pulse until combined and form into two small burgers
3. Dry fry the burgers in a non-stick pan on a medium heat for 5-8 minutes on each side
4. Meanwhile mash the ripe avocado with the lime juice and season
5. Serve the burgers with guacamole.



PHASE 2

Meal: Lunch or Dinner

Time: 15 minutes

Serves: 1