

Black Bean Burgers (4 people)

Ingredients

- 75g oats
- 1 can black beans, rinsed and well drained
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- ½ small courgette, finely chopped
- 2 tbsp ground flaxseeds or ground hemp seeds
- 2 tbsp nut or seed butter
- 1 tsp Cajun spice seasoning
- ½ tsp smoked paprika
- small bunch of chives or parsley, chopped

Method

1. Heat the oven to 200 C/ 180 C fan. Line a baking tray with baking paper. Put the oats in a food processor and blitz until finely ground. Add the remaining the ingredients, along with salt and pepper, and pulse until well combined but with a little texture. If you don't have a food processor you can use a hand blender. *Put all the ingredients in a bowl and keep mixing until well combined.*
2. Divide into four burgers shapes about 1cm thick. Arrange on the tray and cook in the oven for about 30 - 35 mins until lightly golden. Serve in a burger buns with sauces, lettuce, tomato, cheese, plus potato wedges and salad on the side.

