

# SMOKY SWEET POTATO BEAN BURGERS



Makes 4

These veggie burgers have a Mexican influence and can be served with or without a bread bun but with plenty of salad.

INGREDIENTS	EQUIPMENT
1 sweet potato (200g) – peeled and cut into cubes 400g can red kidney beans in water – drained and rinsed 2 spring onions (20g) – finely chopped small bunch fresh coriander – chopped (about 2 tablespoons) 1 tablespoon tomato puree 1 teaspoon hot smoked paprika pinch chilli flakes (optional) 1 tablespoon lime juice 1-2 tablespoons rapeseed oil	potato peeler chopping board sharp knife small microwavable bowl with cling film 'lid' can opener colander or sieve mixing bowl potato masher teaspoon tablespoon potato masher lemon squeezer non-stick frying pan kitchen roll

## METHOD

1. Place the sweet potato cubes in a microwavable bowl with 1 tablespoon water and cover with cling film. Stab holes in the cling film then microwave on high power for 6 minutes until tender. Drain away the water and leave the sweet potato to cool.
2. Meanwhile, mash the kidney beans in a large bowl then add the cooked sweet potato and mash a little more to combine. Add the finely chopped spring onions, coriander, tomato puree, smoked paprika, lime juice and chilli flakes and mix well.
3. Using your hands, divide the mixture into 4 even-sized portions, roll between your palms, then press down to make burger shapes about 1.5cm thick. Don't make them too thin or they will break when cooking.
4. Heat 1-2 tablespoons oil in the non-stick frying pan and cook the burgers, for 4 minutes each side. Remove from the pan and place on kitchen paper to blot off any excess oil.