



Serves 2 (each serving contains approximately 510 kcal)



Ingredients

1 small red onion
1 courgette
1 carrot
25g piece red cabbage
225g tin kidney beans
1 tablespoon rapeseed oil (15g)
knob of butter (5g)
25g fresh breadcrumbs

1 teaspoon mild curry paste or power (5g)
1 tablespoon crunchy peanut butter (15g) (no added sugar or salt)
1 egg yolk
2 wholemeal round pitta breads
salt (optional) and freshly ground black pepper

Method

Peel and finely chop the red onion. Trim and finely dice the courgette. Peel and coarsely grate the carrot. Finely shred the red cabbage.

Meanwhile, heat a frying pan over a medium to high heat. Add half the oil with the butter and sauté the onion, courgette and carrots for 5 minutes until softened and just starting to catch a bit of colour. Leave to cool.

Drain and rinse the kidney beans well under cold running water. Dry well on kitchen paper then roughly mash, still leaving a bit of texture. Stir in the cooled vegetables with the breadcrumbs, curry paste, peanut butter and egg yolk.

Season with a pinch of salt (optional) and plenty of pepper and mix well to combine.

Using slightly wetted hands, shape the mixture into 2 x 10cm patties. Cover and chill for at least 30 minutes (or up to 24 hours) to allow the mixture to firm up. When ready to cook, brush the chilled beanburgers with the rest of the oil. Wipe out the frying pan and place over a medium heat. Add the burgers and cook for 5 minutes on each side until heated through and lightly golden.

Toast the pitta breads on a hot griddle pan for 30 seconds or so on each side, then cut into strips. Place the spicy beanburgers on plates and add a mound of the red cabbage to each one. Arrange the pitta fingers alongside to serve.