

A red speech bubble logo with the text 'KENT FOOD HUBS' inside. The speech bubble has several lines radiating from the top, suggesting a microphone or a call to action.

KENT
FOOD
HUBS

FAKE AWAY

A close-up photograph of a mixed bean burger. The burger is stacked with a thick, textured patty made of mixed beans, topped with a slice of tomato, fresh basil leaves, and a slice of onion. The burger is served on a whole-grain bun.

MIXED BEAN
BURGERS

Here's a super easy and budget-friendly recipe for **Mixed Bean Burgers**, perfect if you're looking for a quick, healthy, and satisfying meal!



TOP TIP
Make a batch and freeze the uncooked patties for later. Just thaw them before cooking

INGREDIENTS

1 can (400g) mixed beans, drained and rinsed



50g breadcrumbs
50g cup finely chopped red onion
1 clove garlic, minced
1 tbsp olive oil (plus more for cooking)
1 tsp ground cumin (optional)
1/2 tsp paprika (optional)
1 tbsp soy sauce (or tamari for gluten-free)
Salt and pepper to taste
1 egg (optional, for binding)
Burger buns

TOPPINGS

lettuce, tomato, cucumber, cheese, or your favorite condiments

INSTRUCTIONS

1. PREPARE BEAN MIXTURE

In a large bowl, mash the mixed beans with a fork or potato masher. Leave some beans partially intact for texture. Add the breadcrumbs, chopped onion, minced garlic, olive oil, cumin, paprika, soy sauce, salt, and pepper. Mix well. If the mixture feels too loose and doesn't hold together, add an egg to help bind it. You can also add more breadcrumbs if needed.

2. SHAPE THE PATTIES

Divide the mixture into 3-4 equal portions (depending on how large you want your burgers). Shape each portion into a patty by pressing it together with your hands. If it's sticky, wet your hands with a little water to help form the patties.

3. COOK THE PATTIES:

Heat a little olive oil in a non-stick pan over medium heat. Place the patties in the pan and cook for about 4-5 minutes on each side until golden brown and crispy on the outside. Flip carefully, as the patties can be a little delicate.

4. ASSEMBLE THE BURGERS

Toast the burger buns in the pan or oven if you prefer them warm and crispy. Place the cooked mixed bean patty on the bottom bun. Add your favorite toppings, like lettuce, tomato slices, cucumber, or cheese, and drizzle on some ketchup, mustard, or mayo.

SERVE

Top with the other half of the bun, and enjoy your delicious mixed bean burger!

