



Mung Bean Burgers

Serves 4

Ingredients:

1 cup dry beans (mung beans or black eyed beans or other beans),
cooked as below
1 large onion
½ c fresh coriander leaves
1 egg
Pepper, salt and vinegar to taste
Chilli, fresh or powdered (optional)
Breadcrumbs, approx. 1 cup

Method:

1. Soak beans overnight in water. Boil in plenty of water until tender, takes approx. 30 mins depending on the age of the beans. The beans will expand, use all of them in the recipe.
2. Mix all of the ingredients above with enough bread crumbs to form in to patties.
3. Roll patties in extra bread crumbs
4. Cook in a small amount of oil for 4-5 mins per side until lightly brown.

Serve with salad or on a bun as a burger.