

Bean And Beetroot Mushroom Burgers



Serves: 4



Cooking Time 12 minutes



Level: Easy



INGREDIENTS

400g can red kidney beans, rinsed, drained
2 teaspoons Mexican spice seasoning
2 green shallots, finely chopped
1 egg, lightly whisked
1 small beetroot, peeled, coarsely grated
8 large field mushrooms, stalks removed
250g fresh buffalo mozzarella (see notes)
20g salad leaves
Sour cream, to serve
1 avocado, sliced
Fresh coriander leaves, to serve

PREPARATION

1. Place the beans in a large bowl and roughly mash. Add seasoning, shallots, egg and beetroot. Season. Stir until just combined. Divide the mixture into 4 patties.
2. Heat a large non-stick frying pan over medium heat. Spray with oil. Place the patties in the pan and roughly flatten. Cook for 2-3 minutes, each side, or until golden and heated through.
3. Meanwhile, preheat the grill. Place mushrooms on a grill tray and spray with oil. Cook under the grill, stalk side down, for 1-2 minutes or until lightly golden. Turn and cook the other side for 30 seconds. Add cheese to 4 of the mushrooms and cook for a further 1-2 minutes or until the cheese is golden and bubbling. Transfer to serving plates.
4. Top the cheese-filled mushrooms with the salad leaves, a patty, sour cream, reserved tomato, sliced avocado and coriander. Top with remaining mushrooms.