

Recipe of the week

Bean Burger

Ingredients

- 2x400g can cannellini beans, drained and rinsed
- 50g stilton cheese
- 50g fine white breadcrumbs
- 2 eggs, beaten
- 1 bunch of spring onions, chopped
- 4tbsp chopped herbs (sage, parsley or thyme)
- 4tbsp plain flour
- 2tbsp oil
- Pepper
- Tomato and cucumber salad to service

Step 1

Place the beans in a food processor or blenders and blend until almost smooth. Add half of the egg and blend again. Stir in the spring onions, herbs and stilton. Season to taste with black pepper.

Step 2

Shape the mixture into 8 balls, and then flatten them slightly with the palm of your hand. Coat them in flour, and then dip them into the remaining egg, then in the breadcrumbs to coat them. Place on lightly oiled baking sheet and drizzle in oil.

Step 3

Cook in a preheated oven at 200oc gas mark 6 for 10-15minutes until golden and piping hot. Garnish with parsley sprig and serve with a tomato and cucumber.