

OVERALL time: 75 mins

ULTIMATE VEGAN BLACK BEAN BURGER

Want to add something immaculate to your plant-based menu? Try this Ultimate Vegan Burger, infused with the flavour of our increasingly popular ***Cape Herb & Spice Smokehouse BBQ Seasoning***.

Metric

Number of servings : 2

ingredients

Main

- 400 g 2 x Tins black beans
- 1 Large white onion, diced
- 15 ml **Cape Herb and Spice Smokehouse BBQ**
- 4 Cloves garlic, finely minced
- 50 g Panko breadcrumbs
- 15 g Small handful coriander, roughly chopped
- Olive oil, for cooking

Topping options

- Mixed lettuce
- Kimchi
- Pickled red onions
- Coconut yoghurt sauce
- Roasted red peppers
- Avocado puree
- Hummus
- Cucumber ribbons

To serve

- 15 ml Butter, for toasting buns
- 3 Burger buns

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 45 mins | COOKING TIME: 30 mins

Preheat oven to 180°C.

Rinse and drain the black beans well.

Place on a baking tray and spread out into an even layer.

Bake for \pm 7 minutes until the beans have slightly dried but still retain some moisture.

(This step is crucial - you want to dehydrate the beans a little so the patties are not mushy but you do not want to take them too far or they will not bind well.)

Heat a drizzle of olive oil in a frying pan.

Add the onion and a pinch of salt.

Cook until tender, golden and lightly caramelized.

Set aside.

In the bowl of a food processor add the oven dried black beans, cooked onion, garlic, breadcrumbs and coriander.

Sprinkle in the Cape Herb & Spice Smokehouse BBQ Seasoning.

Pulse until combined and then blend until it holds together.

Divide mixture into 3 \pm 180g patties. Shape well.

Place on a baking tray and refrigerate for 30 minutes until firm.

Preheat oven to 200°C fan on.

Brush chilled patties generously with olive oil on all sides.

Place in the middle of the preheated oven and bake for 10 minutes, flip very gently and bake for another ten minutes. Both sides should be deeply golden brown.

Remove from the oven and place patties on a cooling rack to rest for 5-10 minutes.

This step is very important.

The patties will be very tender and fragile and need this resting time to firm up.

To assemble:

Slice buns in half and toast in butter until golden brown.

Serve in three fun ways:

1. Spread a little hummus on the bottom bun.

Add lettuce and place patty on top.

Dollop a generous amount of hummus onto the patty.

Top with roasted red pepper slice.

Finish with the top bun and serve!

1. Spread a little avocado puree on the bottom bun.

Add lettuce and place patty on top.

Dollop a generous amount of avocado puree onto the patty.

Top with a good layer of kimchi.

Finish with the top bun and serve!

1. Spread a little coconut yoghurt sauce on the bottom bun.

Add lettuce and place patty on top.

Dollop a generous amount of coconut yoghurt sauce onto the patty.

Top with cucumber ribbons and pickled red onions.

Finish with the top bun and serve!

*Toppings:

You can purchase readymade pickled onions, roasted peppers, store bought guacamole etc but if you would like to whip the toppings up at home here are some quick easy steps:

*For roasted red peppers:

Slice peppers removing the seeds and membranes.

Place on a baking sheet skin side up and brush with olive oil.

Place under a preheated grill and bake for 10 minutes until blackened and blistered.

Place in a bowl and cover with cling film to steam.

After about 15 minutes, scrape off the skins, slice and serve.

*For quick pickled red onions:

Add one very thinly sliced red onion to a mason / jam jar.

Combine 125ml white wine vinegar, 15 ml sugar and 5ml salt in a small saucepan. Bring to a simmer and pour over the onion.

Cover and chill.

*For a quick avocado puree:

Blend 1 avocado with a squeeze of lemon juice and a pinch of salt.

Blend until smooth.

*For the coconut yoghurt sauce:

Mix a little coconut yoghurt with salt, pepper, a squeeze of lemon juice and a little grated garlic. Mix until smooth.

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram | <http://thesecretlifeofbee.co.za/>

<https://www.capeherb.co.za>
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