



# Spicy Mexican-style bean burger



Recipes from Tom Kerridge's cookbook 'Lose Weight Get Fit' published by Bloomsbury Absolute in 2019.



Spicy



veggie



bean



burgers



are very



tasty.



A great



meat-free



choice



for barbecues.



If you don't like



spicy food,



don't add



pickled jalapeños.



# Meal information



Preparation time



30 minutes



Cooking time



Up to 30 minutes



Serves



4 people



Nutrition



in each



serving:



Calories  
(kcal)

445



Protein  
(g)

20



Carbohydrate  
(g)

51



Fat  
(g)

15



Fibre  
(g)

16



## Ingredient List



little Gem  
lettuce leaves



1 ripe avocado,  
halved, thinly  
sliced



2 garlic cloves,  
finely chopped



1 onion, finely  
chopped



1 red pepper,  
cored, seeds  
removed, finely  
chopped



2 deseeded  
green jalapeño  
peppers, finely  
chopped



12 pickled  
jalapeño  
peppers



2 tomatoes,  
thickly sliced



250g cooked  
Puy lentils



400g tin red  
kidney beans,  
drained and  
rinsed



sea salt and  
freshly ground  
black pepper



2 tsp chipotle  
in adobo



1 tsp ground  
cumin



2 tsp olive oil



1-cal olive oil  
spray



1 tsp sweet  
smoked paprika



100ml  
reduced-fat  
soured cream  
or dairy-free  
yoghurt



4 burger buns



# Equipment List



frying pan



hob



knife



spoon



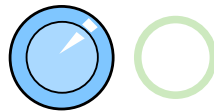
kitchen roll or  
teatowel



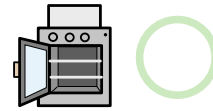
blender



bowl



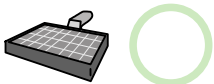
plates



oven



baking tray



grill



cutlery



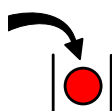
## Method



Heat



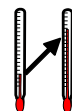
the olive oil



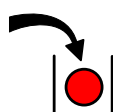
in a



frying pan



on a high heat.



Add



the onion



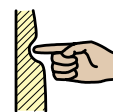
and cook for

4

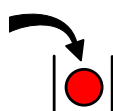
4



minutes



to soften.



Add



the garlic



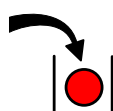
and cook for

2

2



minutes.



Add



the red pepper



and fresh jalapeños



and cook for

2

2



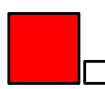
minutes



Stir in



the spices,



and a big



pinch of



salt.



Cook for

1

1



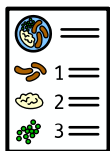
minute



and turn off



the heat.



## Method



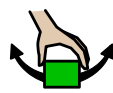
Pat



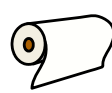
the kidney beans



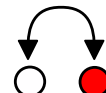
dry



using



kitchen roll



or



a tea towel.



Blend



the kidney beans



and onion



mixture.



The mixture



should be



textured,



not



smooth.



Mix in a large bowl



with the lentils



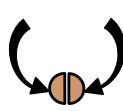
and season.



Wet



your hands



and make

4



patties.



Place on



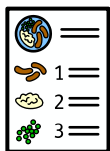
a plate



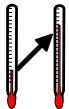
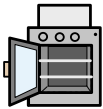
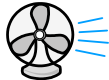

and refrigerate



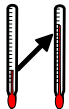


for 30 minutes.



## Method



 200°C    180°C         6  
 Preheat   the oven to   200C   /   180C   Fan   /   Gas 6.




  
 Heat   a frying pan   on a high heat.







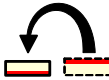


  
 Spray   the hot   pan   with oil   and add   the patties.






  
 Cook for   2   minutes   on each side.

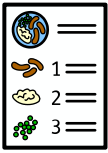



  
 Spray   more oil   on each side.




  
 Place   patties   on a baking tray.



  
 Cook in the oven   for 10 minutes.



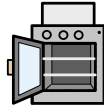
## Method



While



the patties



are in the oven,



mix



the sour cream



and chipotle.



Grill



the burger buns



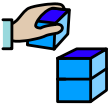
and spread with



the sour cream



and chipotle.



Build



the burgers



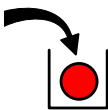
with tomato,



avocado



and lettuce.



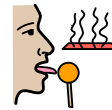
Add



the pickled jalapeños



if you enjoy



spicy food.