

Spicy Vegetarian Burger

Cashew nuts, black beans and lots of fresh coriander give this Spicy Vegetarian Burger a unique taste. Add touch of garlic and chili and you have the makings of a great Veg patty.

Serves 4

For the Patties:

- 1 can black beans regular size, drained and coarsely mashed
- 1 hand cashew nuts finely chopped
- 1 onion finely chopped
- 1/2 red bell pepper/paprika pitted and finely chopped
- 1 clove garlic finely chopped
- 1 small red or green chili pepper, 1/2 if very strong, very finely chopped
- 1 hand fresh coriander finely chopped
- 1 hand fresh bread crumbs
- 1/2 vegetable stock block diluted in about a tablespoon water
- some olive oil to fry the patties

For the Rolls:

- 4 fresh bread rolls
- sliced tomato
- thinly sliced onion
- lettuce
- a few slices of gherkin
- vegan mayonnaise

It is important that all the ingredients are chopped finely without any large pieces of veg in the mix (not mush) or you will have problems with the binding of the patties

Thoroughly mix all the patty ingredients, taste and add salt/pepper if necessary. Put the mix into the refrigerator until cold.

Divide the mix into 4 balls, clean and dry your hands, dust liberally with flower and form the patties. If the mixture has warmed substantially during the molding process cool the patties before cooking. The colder the patties are the better they will stick together.

Fry in a little olive oil over a medium to high temperature allowing a crust to form before turning. Drain on paper towels before serving.

Split the rolls and toast the cut surfaces lightly (under grill, on barbecue or in pan) just before the patties are done. Spread mayonnaise liberally on the bottom halves, add a thin slice of onion, some lettuce, a slice of tomato and a little sliced gherkin. Add the patty and the other half of the roll. Enjoy your Spicy Vegetarian Burger.

Bon Appetit!