

MEATLESS MONDAY: KIDNEY BEAN, BROCCOLI & SPINACH BURGERS (VEGAN & GLUTEN FREE)

Yields: 22 Small or 11 Large Burgers

Serves: 6-11 (*Dependant on meal type.)

Prep & Cooking Time: ≤60 mins

(*Dependent upon skill and/or the number of kitchen helpers!)

Type: Main Meal, Snack

Tools: Chopping board, sharp knife, colander, steamer pot, food processor, baking trays, parchment paper, silicone spatula, cooling rack.

Courtesy of: Eat2Health Blog



Hearty, wholesome and versatile; it's another delicious burger recipe that allows you to adjust the costs and seasoning's to your own personal preferences! We served ours with some delicious homemade pomegranate sauce and coleslaw, but feel free to add your own medley of veggies and or sauces. Enjoy them as a meal or a couple as a snack!

Ingredients

420g	Broccoli Florets (500g Head)	10g	Fresh Chives (1 tbsp Dried)
130g	Baby Spinach (160g Frozen Spinach)	5g	Fresh Flat Leaf Parsley (1 tbsp dried)
120g	Bread Crumbs (about 1 slice of bread)	40g	Tahini
130g	White Onion	7-10g	Dukkah Spice Mix
180g	Red Bell Pepper	3-5g	Mustard Powder
2	Garlic Clove (10g fresh or 1 tsp garlic puree)	40g	Oat bran (about ½ cup)
480g	Cooked Kidney Beans (about 2 tins or 250g dried/cooked)	½-¾ tsp	Salt
			Ground Black Pepper
			Low-fat cooking oil spray

Directions

1. If you're using a head of broccoli, remove the broccoli florets from its stem. Wash and then place broccoli into a steamer pot with a little water. Bring to the boil. Simmer and steam for 4-6 mins or until tender. Drain. **Tip:** *Alternatively cook in a pot of water or try steaming the broccoli in a microwave instead.*
2. In the meantime, boil a little water in a kettle. Place the spinach into a colander. Rinse. Pour over a little freshly boiled water to wilt the spinach. Allow to drain. **Tip:** *Alternatively, carefully dice some frozen spinach and then defrost it in a microwave. Allow to drain in a colander or sieve.*
3. If applicable, make some bread crumbs. Place the bread into a toaster or under a grill and toast. Remove and break it up into a food processor. Process the bread until bread crumbs are achieved. Transfer into a mixing bowl. **Tip:** *If you do not own a food processor, toast the bread as hard as possible (without burning it) and then place it into a resealable kitchen baggie. Using a rolling pin, gently crush the bread to create your breadcrumbs!*

4. Peel and quarter the onion. Wash, remove the core and stem and then roughly quarter the bell pepper. Peel the garlic. Transfer the onion into a food processor. Turn on. Whilst it's running, add the garlic. Process until the onion and garlic are finely chopped. *Tip: If you don't own a food processor then finely grate the onion, bell pepper and garlic using a cheese grater or finely chop instead.* Transfer the mixture into the mixing bowl. Place the bell pepper into the food processor. Process until minced. Transfer into a sieve to drain any excess water (if applicable). Transfer into the mixing bowl.
5. Remember to check and drain your broccoli if you haven't already!
6. If applicable, drain and rinse the kidney beans in a colander. Transfer into the food processor. Process until they are mostly 'broken down'. Transfer into the mixing bowl. *Tip: If you do not own a food processor, transfer them into a separate mixing bowl and mash them using a potato masher or fork- it's a great upper arm workout!*
7. Place the broccoli and spinach into the food processor. Process until finely minced. Transfer into the mixing bowl.
8. If applicable, wash and finely chop the chives. *Tip: A pair of kitchen scissors works perfectly for quickly chopping them!* Wash the parsley, remove the leaves from the stem and then finely chop. Add the herbs into the mixing bowl.
9. Add 40g tahini, 7-10g Dukkah spice mix, 3-5g mustard powder, ½ cup oat bran, ½-¾ tsp salt and a few grinds of black pepper. Using a spatula, thoroughly mix the ingredients together.
10. Preheat the oven to 190°C/375°F. Line one or two baking trays with a piece of parchment paper or some silicone mats. Spray a little low-fat cooking oil and grease each sheet of paper or mat.
11. Roll a bit of the mixture between your hands into a golf-sized ball (or larger if a larger burger is preferred). *Tip: If the mixture is a bit too sticky, lightly flour your hands.* Place onto the baking tray. Repeat until all of the mixture has been used. Gently flatten them with a spatula. Place the tray(s) into the oven (use the middle and lower oven shelves only). Bake for 10 mins.
12. Remove. Increase the heat to 200°C/400°F. Spray the tops of the burgers with a little low-fat cooking oil. Carefully turn over the 'burgers' with a frying spatula or palette knife. Place the tray(s) back into the oven. Bake for a further 8-12 mins, or until lightly browned and slightly firm. Remove. Allow to cool for 5 mins on the tray(s) before serving. *Tip: Our smaller burgers took an additional ten minutes whilst our larger one took twelve. If applicable, allow the burgers to cool completely before refrigerating.*

Enjoy!

Notes:

- We made fourteen small burgers and four large ones; it was more to clarify cooking times than anything else! Little or large, the choice is yours.
- These burgers make a bigger impression if you use fresh (finely chopped) herbs and perhaps your favourite spices too!
- If a strict GF adherence is required, make sure to double check the oat bran packaging before purchasing!

- Ours are not overly seasoned! For the 'salt-o-holics' out there, you might say these are bland! We suggest using more herbs and/or spices and a tasty homemade sauce, coleslaw or your favourite vegetable(s) to accompany them instead of reaching for the salt.
- They would make a tasty and healthful option in child's lunch!
- Overall we think that homemade 'burgers' rock and are of course a million times better than store bought varieties!
- Refrigerate any leftovers in an air-tight and resealable container; reheat (if preferred) and consume within 3-4 days. Alternatively, individually wrap in some kitchen film, store and freeze; defrost, reheat and consume within one month.