



Umami Bean Burger

with chips and mustard aioli

Veggie Calorie Smart 30-35 mins • Eat me first

14



Brioche Buns



Mustard



Rocket



Soy Sauce



Red Kidney Beans



BBQ Rub



Breadcrumbs



Mushrooms



Potatoes



Grated Cheese



Tomato



Aioli

Pantry Items: Oil, Salt, Pepper

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, pan with lid, sieve

Ingredients

	2P	4P
Brioche Buns	2 units	4 units
Mustard	1 sachet	2 sachets
Rocket	20 g	40 g
Soy Sauce	1 sachet	2 sachets
Red Kidney Beans	1 pack	2 packs
BBQ Rub	2 sachets	4 sachets
Breadcrumbs	1 pack	1 pack
Mushrooms	125 g	250 g
Potatoes	3 units	6 units
Grated Cheese	50 g	100 g
Tomato	1 unit	2 units
Aioli	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	748.5 g	100 g
Energy (kJ/kcal)	4309 kJ/ 1030 kcal	576 kJ/ 138 kcal
Fat (g)	38.3 g	5.1 g
Sat. Fat (g)	10 g	1.3 g
Carbohydrate (g)	134.3 g	17.9 g
Sugars (g)	14.6 g	2 g
Protein (g)	35.2 g	4.7 g
Salt (g)	6.26 g	0.84 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Make the Chips

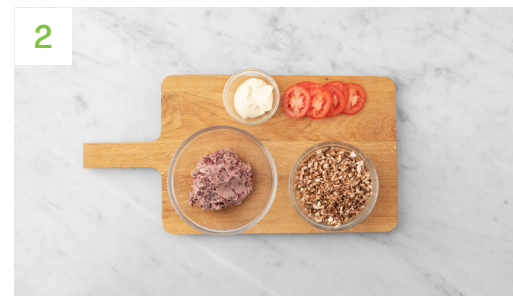
- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm chips (peeling optional).
- Pop the chips onto a large (lined) baking tray. Drizzle with **oil** then season well with **salt** and **pepper**. Toss to coat and spread out in a single layer.
- When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Time to Fry

- Place a pan over medium-high heat with a good glug of **oil**.
- When hot, fry the burgers for 5-7 mins, carefully turning every 1-2 mins. Adjust the heat if necessary.
- Remove the pan from the heat and sprinkle the **cheese** on top of the burgers.
- Cover with a lid or some foil to allow the **cheese** to melt.



Get Prepped

- Meanwhile, thinly slice the **tomato**.
- Finely chop the **mushrooms** (if you've got one, you can also use a blender).
- Drain and rinse the **kidney beans** in a sieve.
- In a large bowl, mash the **beans** into a paste with a fork or **potato** masher.
- Mix the **aioli** and **mustard** in a separate bowl.



Finishing Touches

- Meanwhile, pop the **brioche buns**, cut side-up, onto a baking tray to warm in the oven, 2-3 mins.
- Once toasted, spread a spoonful of **mustard aioli** on the cut sides of each **bun**.
- Top the base **bun** with a few **rocket** leaves, sliced **tomato** and burger patty. Close with the top **bun**.

TIP: Watch the buns closely when in the oven so they don't burn!



Form the Burgers

- Add the **mushrooms**, **BBQ rub**, **soy sauce**, **breadcrumbs** and ¼ tsp **salt** (double for 4p) to the bowl with the **beans**.
- Using your hands, mix everything together.
- Roll into evenly-sized balls, then shape into 2cm thick burgers—1 per person.



Dish Up

- Plate up your umami **bean** burger along with the crispy chips.
- Keep any remaining **aioli** close at hand for dipping.

Enjoy!