



Week 7: Tasty bean burgers and banana pancakes

Tasty bean burgers

Ingredients:

- Oil
- 2 x 400g cans black beans, drained (any other beans will be fine)
- 1 x 200g can sweetcorn, drained
- 1 tsp each garlic powder, paprika, dried thyme
- 3 slices of stale white bread, grated to form breadcrumbs

- 1 egg, beaten

Method

1. Mash up together the beans, sweet corn and spices. You will get a chunkier mix if you do this by hand. For a smoother mix you could use a blender.
2. Put the bean mix in a bowl and stir in the breadcrumbs and beaten egg. The mixture should form a pliable dough. If it is too wet add more breadcrumbs, too dry 1 tbsp water.
3. With wet hands form the mix into 6 equal size patties, cover and chill in the fridge for 15 – 20 minutes.
4. Heat some oil in a frying pan. Fry the burgers for about 4 minutes each side until golden brown.

American Style Banana Pancakes

Ingredients

- 1 packet pancake batter mix
- 2-3 ripe bananas, mashed
- Golden syrup
- Oil for frying

Method

1. Make up the pancake mix according to the instructions.
2. Stir in the mashed bananas and add 1 tbsp golden syrup (or less if you don't have a sweet tooth).
3. Heat the oil in a frying pan. Ladle a large spoonful of the mixture into the pan and leave to cook until bubbles appear on the surface.
4. Using a spatula, flip the pancake over and cook for a further 2-3 minutes until the underside is brown.
5. Serve with yogurt and fruit – or just more golden syrup!