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Homemade Veggie Bean Burgers

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Homemade Veggie Bean Burgers

Tasty homemade veggie burgers made with Alpro Go On Plain.

4 servings
30 minutes

Ingredients

- 4 multi-grain buns
- 1 red onion
- 2 tomatoes
- 1 avocado
- 50g of lettuce
- 1 large carrot grated
- 4 tbsp Alpro Go On Plain plant-based alternative to yogurt
- 400g canned black beans
- 60g of breadcrumbs (or panko)
- 1 pressed garlic clove
- 1 tbsp vegetable or olive oil
- 1 tsp paprika powder
- 3 tbsp of olive oil
- Ground black pepper

Preparation

1. Preheat the oven to 180°C. Mix the beans with the breadcrumbs, garlic and olive oil. Season with paprika powder and black pepper.
2. Divide the mixture in four and knead into a 'patty' shape.
3. Cook the bean patties in a frying pan with olive oil for 6-8 minutes per side, or until golden brown. Allow the patties to cool for a little while before serving.
4. Chop the onion, tomato and avocado into thin slices. Slice the buns in two and make your own homemade veggie burger with the lettuce, bean patty, tomato, onion, avocado, grated carrot and Alpro Go On Plain.

Tasty tips

Adding a splash of lime juice or grated lime zest to your veggie burger can give it a zingy twist!

Go for a rainbow of colour and add in some grated beetroot to your salad.

Get growing with WWF's Plant2Plate campaign

Why not use your wonky veg kit to grow some tasty vegetables for this veggie bean burger recipe? Use the hashtags below to share your wonky veg stories with us on social media so we can 'like' your recipe creations. Ready, steady, grow!

#Plant2Plate #GreenAmbassadors

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