SHOPPING LIST

Black Bean and Sweet Potato Burgers

Serves 4 burgers

For the patties

- [ ] 1 large sweet potato (about 350 g), cut in cubes
- [ ] 400 g can black beans, drained
- [ ] 60 g rolled oats
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp ground cumin
- [ ] 2 garlic cloves, crushed
- [ ] 2 tbsp tomato paste
- [ ] 1/2 tsp salt
- [ ] 2 tbsp oil, for frying

For the spicy mayo

- [ ] 3 tbsp vegan mayonnaise
- [ ] 1 tsp sriracha

To build

- [ ] 4 burger buns (check they are vegan)
- [ ] 1 avocado, sliced
- [ ] A few lettuce leaves
- [ ] 1 tomato, sliced

Tick off what you already have at home.