HEARTY & GROUNDING

Black Bean and Sweet Potato Burgers

PREP	COOK	SERVES
25 min	35 min	4 burgers

Vegan Vegetarian

Smoky, sweet and hearty bean burgers with avocado and a spicy mayo. Naturally vegan.

Ingredients

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

Method

1. Heat the oven to 200°C. Roast the sweet potato on a tray for 25 minutes until soft and lightly browned.
2. Mash the sweet potato with half of the beans. Stir in the rest of the beans, lightly crushed, then the oats, paprika, cumin, garlic, tomato paste and salt.
3. Shape into four patties and chill for 20 minutes so they firm up.
4. Fry in the oil over medium heat for 4 minutes per side until crisp.
5. Mix the mayo and sriracha. Toast the buns and build with mayo, lettuce, tomato, avocado and the patty.

Cook's tip

Do not skip the chilling. Bean patties are soft until the oats have had time to soak up the moisture.