



Baked bean burgers – Makes 2-3 portions

Ingredients:

- 1/2 onion
- 1 tin sweetcorn
- 1 mug frozen peas or 1 tin peas.
- 2 tsp mixed herbs
- 1/2 tsp salt
- 1 tsp ground pepper
- 2 dessert spoon flour
- 2 dessert spoon cooking oil
- 1 tin baked beans
- 2 large baking potatoes



For this recipe you will need:

- Chopping board.
- Knife.
- A fork
- Spatula /Fish slice if possible.
- Large bowl or container for mixing.
- Sieve
- Tin opener.
- Baking tray.
- Frying pan.
- Oven.
- Hob.

Method:

- First Wash your hands.
- Cut your potatoes into small wedges, place on the baking tray, add 1 tsp mixed herbs, a little salt and ground pepper, 1 dessert spoon cooking oil. Mix well. Place in the oven at 200c.

- While your wedges are cooking: Peel and chop (dice) the onion into small cubes.
 - In a small amount of oil, pan- fry the onion on a medium-high heat until soft (5 mins).
 - Remove onion from the pan and place in your mixing bowl.
 - Open the beans and empty contents into a sieve to drain the juice.
 - Place the beans in the mixing bowl, then add ½ the tin of sweetcorn, 1 tsp mixed herbs, a little salt and ground pepper.
 - Mix together well.
 - Using the back of a fork, mash everything together roughly., pressing down on the beans.
 - Add the flour and stir well.
 - Make into medium sized patties.
 - Wash your hands
-
- Then heat the remaining oil on a medium heat, add the patties carefully and cook for about five minutes on each side, turning often so they don't burn.
 - Lastly, drop your peas in boiling water for a few minutes.
 - Serve with the wedges, the rest of the sweetcorn and peas.

ENJOY! 😊

A 245g serving contains

Energy	Fat	Saturates	Sugars	Salt
1225kJ 293kcal	10g	1.4g	7.5g	0.97g
15%	15%	7%	8%	16%

of an adult's reference intake

Typical values per 100g: 500kJ/119kcal

