

Black Bean Burgers with Pancetta and Avocado Smash



The pancetta in this recipe can easily be omitted to make this a vegetarian recipe.

This recipe makes 4 large or 6 smaller burgers and can be frozen before cooking to use another day if needed.

- 1 tin (400g) black beans or any beans that you wish to use, drained and rinsed
- 1 tin of kidney beans, drained and rinsed
- 50g quinoa
- 2 tsp chilli powder
- 1 tsp ground coriander
- 1 egg
- Large handful parsley, chopped
- 2 avocados
- Juice of 1 lime
- Ground black pepper
- ½ tsp salt
- 1 slice of pancetta per burger

Preheat the oven to 180°C.

Place the quinoa in a high powered blender. I use a nutribullet as this turns the quinoa into an almost flourlike texture.

Put the beans into a large bowl and mash them down. Doing this rather than using a blender will give you a better consistency – some chunkier beans as well as some smooth, beany mash. Obviously if you prefer these to be smooth just blend them completely.

Add the quinoa, chilli powder, ground coriander, egg and the salt and pepper to the beans and get your hands in there and mix everything up really well together. I've mentioned this in other burger recipes but I have a burger press which is brilliant and was pretty cheap. If you make burgers regularly then it's worth investing in one as they save a lot of time. If you don't have a press then just shape these into burgers. You should get 4 -6 burgers from this recipe.

Place the burgers onto a baking tray and pop them into the oven for approx. 25mins. No need to turn them, just leave them be.

10 mins before the burgers are ready, prep your smash. Scoop out the flesh from the avocado, removing the stone. Mash it all down with a folk and add the parsley and lemon juice. Taste – add a little black pepper and some sea salt if it needs it.

5 mins before burgers are ready. Place a slice of pancetta on top on each burger and leave in the oven for the final 5 mins cooking time.

Serve up. If you are having buns, slice the buns and fill with the burger, pancetta and top with a big spoonful of avocado smash.