

Bean Burger



Makes
4
burgers

Makes
4
portions
of sauce



Potassium



Salt



Phosphorus

Bean burger

425g canned chickpeas
4 spring onions
1 large egg
2 tablespoons all-purpose flour
1 teaspoon dried oregano
½ teaspoon ground cumin
2 tablespoons olive oil
2 pitta bread

Optional garnish:

red onion, sliced (approx 4 slices)
4 lettuce leaves, shredded
cucumber (approx 3 slices)



Potassium



Salt



Phosphorus

Bean burger sauce

½ small cucumber
240g plain Greek yogurt
¼ teaspoon garlic powder
½ teaspoon dried dill
¼ teaspoon black pepper
1 tablespoon lemon juice

Please check with your Dietitian or Doctor that this recipe is suitable for you.

Method

Preparation for the Bean Burger Sauce

1. Wash the cucumber and grate using the large holes of a box grater. Drain off the excess liquid.
2. Mix the cucumber with the Greek yogurt, garlic powder, dill, pepper and lemon juice to make the bean sauce.
3. Cover and place in the refrigerator until ready to serve.

Preparation for the Bean Burger

1. Rinse and drain the tinned chickpeas. Chop the ends off the spring onions.
2. Using a food processor, combine the chickpeas, spring onions, egg, flour, oregano and cumin. Blend and pulse until a mixture forms that holds together when pressed. The mixture will be moist. Form into 4 burgers.
3. Heat the olive oil in a frying pan over a medium heat. When hot, add the burgers. Cook until golden and beginning to crisp (approximately 4-5 minutes). Flip and cook until golden brown and crisp (approximately 2-4 minutes more).
4. Warm the pitta bread and cut each in half.
5. Assemble your plate with the pitta half, bean burger and sauce. Add some red onion slices, shredded lettuce and sliced cucumber for the garnish.

Bean Burger with ½ of a pitta

Nutritional information per burger	
Calories	319
Protein (g)	14
Potassium (mg/mmol)	267 / 6.8
Phosphorus (mg/mmol)	167 / 5.3
Sodium (mg/mmol)	140 / 6.0

Bean Burger Sauce

Nutritional information per serving	
Calories	84
Protein (g)	4
Potassium (mg/mmol)	162 / 4.1
Phosphorus (mg/mmol)	90 / 2.9
Sodium (mg/mmol)	41 / 1.8

The nutritional analysis figures do not include the optional garnish.

When making home cooked meals containing fibre (like this one), the actual amount of phosphate and potassium that is absorbed is less because fibre reduces the body's ability to absorb these minerals.