

Potato and Kidney Bean Patty serves 3/4

what you need

2 tins potatoes

2 tins kidney beans

3 tbsp cooking oil

Optional ingredients:

salt and pepper

any herbs that you have

chilli powder

1 tsp english mustard

what to do

Drain the potatoes, place in a mixing bowl and mash. Add the cooking oil.

Once the potatoes are beginning to mash, add the kidney beans. You will want a small amount of liquid from the beans to help bind the mix.

Add any seasoning you have (herbs etc).

Continue to mash until the mixture is of an even consistency.

Shape the mixture into burgers using your hands.

To cook, either fry the patties on a medium heat for approximately 15-20 minutes, or place in the oven at gas mark 7 (220 degrees Celsius) for half an hour. Turn as required.

Serve and enjoy!



These burgers make a tasty snack by themselves, or they can be combined with rice or salad for lunch or dinner.