

 Approximately **35 min**

 **637** kcal p.p.

 **2** persons

### WHAT YOU NEED

- A jar of kidney beans: 1 pcs
- Rolled oats: 30 g
- Carrots: 100 g
- Onions: 1 pcs
- Flat parsley: 10 g
- Bulgur: 75 g
- Tomatoes roma: 150 g
- Avocado: 1 pcs

### GOOD TO HAVE AT HOME

- Salt
- Pepper
- Garlic cloves
- Olive oil
- Lemon juice

### ALLERGENS



## BEAN BURGER WITH TOMATO BULGUR SALAD

### INSTRUCTION

- Add the bulgur and the double volume of water to a pot and bring to a simmer. Cook the bulgur for 10 min. over medium/low heat until tender.
- Drain the kidney beans into a colander and rinse. Peel and finely chop the onions and the garlic. Peel and finely grate the carrots. Pit, peel and cube the avocado. Drizzle with some lemon juice to prevent discoloring.
- Combine the bulgur with the tomatoes and the avocado in a bowl. Prepare a dressing made of lemon juice and olive oil. Mix well and season taste with salt and pepper.
- Combine the kidney beans, the garlic, the onion, the carrots, the rolled oats, 2 tbsp. of olive oil and the parsley in your food processor. Pulse until you have a firm dough. You can add some flour if the dough is not firm enough. Heat some olive oil in a pan, form the dough into patties and cook them form each side until golden brown.

### SERVINGS

- Arrange the bean burger onto plates and serve with the bulgur salad.