

Bean Burger



Makes
4
burgers

Makes
4
portions
of sauce



Potassium



Salt



Phosphorus

Bean burger

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



Potassium



Salt



Phosphorus

Bean burger sauce

- 1/2 small cucumber
- 240g plain Greek yogurt
- 1/2 teaspoon dried dill
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice

Method

Preparation for the Bean Burger Sauce

1. Wash the cucumber and grate using the large holes of a box grater, drain off excess liquid.
2. Mix 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 spring onions and red onion.
2. Using a food processor, combine 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 olive oil in a frying pan over medium heat. When hot, add burgers. Cook until golden and beginning to crisp, 4-5 minutes. Flip and cook until golden brown and crisp, 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 extra crunch.

Bean Burger with 1/4 pitta

Nutritional information per burger	
Calories	369
Protein (g)	16
Potassium (mg/mmol)	301 / 7.5
Phosphorus (mg/mmol)	186 / 6.0
Sodium (mg/mmol)	216 / 9.3

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

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.