

## **Black Bean Burger with Ginger Pickled Shallots & Alfalfa Sprouts**



**Serves:** 10

**Profitability:**

**Author:** By Unilever food solutions development chefs

**Ingredients:**

FOR THE BLACK BEAN BURGER

750g black beans, tinned

150g banana shallots, finely diced

120g sun-dried tomatoes, sliced

40g coriander, chopped

45ml KNORR Blue Dragon Szechuan Concentrated Sauce

1g chilli flakes

2g paprika

10ml Worcestershire sauce

6g salt

1 large egg

200g wholemeal flour

## FOR THE PICKLED SHALLOTS

150g banana shallots, peeled & finely sliced

20g stem ginger in syrup, finely diced

10g KNORR Professional Ginger Purée

150ml rice vinegar

150g caster sugar

## TO SERVE

150g little gem lettuce

10 brioche bun

150ml HELLMANN'S Real Mayonnaise

150g alfalfa sprouts

## Steps:

For the burger, drain the black beans then roughly mash leaving a few beans whole for texture

Add in the shallots, KNORR Blue Dragon Szechuan Concentrated Sauce, chilli flakes, paprika, coriander, sun-dried tomatoes, Worcestershire sauce and salt

Mix the ingredients adding the egg and then flour to form a burger mix and form into 10 even-sized balls then press into a ring mould to the desired diameter. Put the patties onto greaseproof paper squares for cooking

Place the purée, ginger, vinegar and sugar into a pan and reduce by half. Remove from the heat and pour over the shallots. Allow to cool

Place the patties on a hot grill while still on the greaseproof paper and cook for 5 minutes, turning once

Cut the buns and lightly grill

On the bun base spread the mayonnaise, top with lettuce and add a burger. Top with shallots and alfalfa sprouts and add the bun lid

