

# Black Bean Burgers with Zingy Salsa, Yogurt & Sliced Mango

## INGREDIENTS

1½ red onions  
200g mixed mushrooms  
100g rye bread  
ground coriander  
1 x 400g tin black beans  
olive oil  
40g mature Cheddar cheese  
4 soft rolls  
100g ripe cherry tomatoes  
1 lime  
chipotle Tabasco sauce  
1 ripe mango  
1 ripe avocado  
4 tbsp natural yoghurt  
4 sprigs fresh coriander



## METHOD

Preheat the oven to 200°C.

Peel 1 onion, place in a food processor with the mushrooms, rye bread and 1 teaspoon of ground coriander, and whiz until fine. Drain and pulse in the black beans, season lightly with sea salt and black pepper, then divide into 4 and shape into patties, roughly 2.5cm thick. Rub all over with oil and dust with ground coriander, then place on an oiled baking tray and roast for 25 minutes, or until dark and crispy, topping with the Cheddar and warming the rolls for the last few minutes.

Meanwhile, peel and very finely chop the remaining onion with the tomatoes and place in a bowl. Squeeze over the lime juice, add a few shakes of Tabasco and season to taste. Destone, peel and finely slice the mango and avocado.

Halve the warm rolls and divide the yoghurt between the bases, followed by half the salsa, the mango, avocado and coriander leaves. Top with the burgers, remaining salsa and extra Tabasco, pop the lids on and press down lightly.

Always nice with oven-roasted, skin-on chips.

Serves: 4

Prep & Cook: 40 minutes

Recipe: Jamie Oliver