

# Sunshine Bean Burgers

## What you need:

- 1 red onion, finely chopped
- 6 spring onions
- 2 x 400g tins of mixed beans
- 1 tbsp. Cajun spice
- 50g cornflakes
- 2 garlic cloves chopped
- Juice of half a lime
- 100g feta cheese crumbled



## What you do:

1. In a large mixing bowl add garlic, onion, Cajun spice and mixed beans. Roughly mash these together.
2. Now, add the cornflakes and lime juice and mix well to combine. Gently stir in the crumbled feta cheese.
3. Mix these together thoroughly with your hands or a large spoon until well combined.
4. Divide the mixture into six and form each portion into a ball. Using your hands, press the mixture together firmly. Turn each ball onto a lightly floured surface and press down with the palm of your hand to form burgers.
5. Place in a foil tray and in the fridge and cook at home. (180°C/gas mark 4 for 20-25 minutes)