



## Curried Veggie Burgers

2 tbsp olive oil	1 small onion, chopped finely
3 tsp cumin seeds	225g spinach
2 tbsp balti paste	2x400g tins chickpeas
2 tbsp peanut butter	3 oz fresh wholewheat breadcrumbs
salt & pepper	200g red kidney beans, smashed
100g sweetcorn kernels	breadcrumbs for coating

Sweat onion in olive oil for 2-3 mins. Add cumin seeds, cook for 1 minute or until beginning to smell toasty. Add spinach leaves and cook on high heat for 5 minutes or so, until all water has evaporated. Stir in balti paste and remove from heat.

Food process chickpeas, peanut butter and breadcrumbs. Tip into bowl and combine with spinach mix, sweetcorn kernels and red kidney beans. Taste and season as necessary.

Shape into 12 burgers, coat lightly with breadcrumbs and fry until nicely browned. Serve with green veg or salad and mango salad.