



## KALE AND BEAN BURGER

SERVES 4

VEGGIE

25 MINS  
PREPOVER 20%  
PROTEIN

STAGE 3

These bean burgers have a few parts to them, but trust us, it's worth it!

Perfect for the whole family, bigger ones for you and smaller ones for your little one during stage 3 weaning. We're sure this vegetarian burger will be a new family favourite.

### WHAT YOU NEED

For the Burger Patties:

- 2 tablespoons oil
- 2 onions, chopped
- 2 cloves garlic, grated or finely chopped
- ¼ teaspoon turmeric powder
- 60g kale, very finely chopped
- 230g, 1 tin black beans/ kidney beans
- 130g sweet potato
- ½ teaspoon salt
- ½ teaspoon paprika
- 1 teaspoon curry powder or garam masala
- ½ teaspoon black pepper
- 1 tablespoon cornflour

### WHAT TO DO

Patties Method:

1. Peel the sweet potato and then steam it for 10-15 minutes.
2. While it's steaming, warm the oil of your choice in a pan and add the onions.
3. Whilst the onions begin to cook, warm the beans in the microwave for around 1 minute so they soften a little (this step can be skipped) and mash them gently with a fork.
4. Let the onions cook for a few minutes until slightly brown, then add the garlic and stir in the turmeric.
5. Quickly add the kale and beans, mashing the beans a little more once they're in.
6. The sweet potato should now be steamed, you'll know it's done when it's soft. If still hard, leave a little longer.
7. Mash the sweet potato flesh before placing into the pan and mixing in.
8. Season with salt, curry powder/ garam masala, paprika

#### For the side of sweet potato wedges:

1 (200g) large sweet potato

2 tablespoons oil

¼ teaspoon paprika

¼ teaspoon turmeric powder

¼ teaspoon salt

#### For the homemade chipotle sauce:

1 tablespoon tahini

5 tablespoons yoghurt (or dairy-free yoghurt)

2 tablespoons balsamic vinegar

¼ teaspoon salt

2 teaspoons paprika

½ teaspoon English mustard

handful coriander leaves, chopped

1 teaspoon tomato puree

A squeeze of lemon or lime

and black pepper and stir thoroughly.

9. Let the mixture cool for a few minutes so you can form the patties with your hands.
10. Heat a teaspoon of oil on a flat-based pan on low heat, sprinkle a little cornflour on both sides of the burger patties and place the patties on the pan.
11. Let these cook for 5-7 minutes, turning the patties every 30 seconds or so. If the pan is small, cook only two patties at a time so there is enough space to flip them.

#### Sweet Potato Wedges Method

1. Slice the sweet potato into wedges without removing the skin.
2. Mix all the ingredients with the sweet potato together in a mixing bowl.
3. Spread across a baking tray and bake for 15 to 20 minutes until they soften, and then place under the grill for that extra crunch.
4. Combine all the ingredients for the sauce and serve the patties with the sauce and sweet potatoes. You can serve inside a bun, in an open bun as shown or without a bun! Enjoy!