

SPICY BEAN BURGER (makes 12 burgers)

1 tin **kidney beans** (rinsed & drained)

1 tin **black beans** (rinsed & drained)

3 **garlic cloves** (finely chopped)

2 **red chillies** (finely chopped)

1 **red pepper** (finely chopped)

1 medium **beetroot** (grated)

handful fresh **coriander** (chopped) or wild onion flower buds

thumb of **ginger** (finely chopped)

1 cup **oats**

50 gm **walnuts** (chopped)

1 tsp **cumin**

1 tsp **sweet paprika**

1 tsp **oregano**

½ tsp **cayenne pepper**

black pepper

2 tbsps **tomato puree**

1 tbsp **balsamic vinegar**

3 tsp **tamari**

45 gm **flour**

½ cup **peas**

breadcrumbs

Put all the ingredients from the beans to walnuts into a large bowl, then spoon it bit-by-bit into a hand grinder to blend.

Then add the rest and mix together. If they are too moist add some breadcrumbs, you want a dryish consistency.

Shape using 70mm pastry cutter, into 1" thick patties, and press them out onto a tray that will fit on the shelf of your fridge.

Refrigerate until ready to cook (at least 30 minutes).

Freeze or fry for 3-4 minutes each side, or bake in the oven.

PATATAS BRAVAS (makes 2 portions)

4 medium **potatoes**

1 tbsp **baking soda**

2 tsp **smoked paprika**

1 tsp **thyme**

1 tsp **rosemary**

1 dsp **tomato puree**

olive oil

Cut **potatoes** into wedges and submerge in a bowl of water with the **baking soda**, 10-15 mins. Drain thoroughly then add the **rest of the ingredients** together in a bowl and mix well.

Arrange on a baking tray and cook with the burgers (the burgers on the highest shelf), for 30 mins at 195C.