

# Pesto Butterbean Burgers



These creamy burgers have a lovely Mediterranean flavour with the addition of any of the vegan Essential Pestos. Butterbeans are a soft-textured bean, creamy and mild tasting making them ideal for burgers as well as being a great vegetarian protein. Easy to make, these burgers can be prepared in advance and cooked when needed. They can also be cooked from frozen. Serve with a little salsa or place in wholemeal buns for a healthy fast food alternative. Make these gluten free by using gluten free breadcrumbs.

Suitable for Vegetarians & Vegans, Soy-Free, Dairy-Free, Egg-Free, Seed-Free

# Pesto Butterbean Burgers

Preparation time: 15 minutes

Cooking Time: 30-40 minutes

Storage: Cooked burgers will keep in the fridge for up to 2 days or freeze the burgers uncooked for 1 month

## Ingredients (Makes 8 burgers)

2 x 410g cans Essential Butterbeans, drained and rinsed

3 tbsp Essential Pesto

e.g. Red Pesto or Rocket Pesto

115g / 4oz wholemeal breadcrumbs or gluten free breadcrumbs

1 garlic clove, crushed

1 red onion, finely chopped

Freshly ground black pepper

Wholemeal buns, salad leaves and sliced tomato to serve

## Instructions

1. Preheat the oven to 220°C, gas mark 7.
2. Place the beans and pesto in a food processor and process until smooth. Add the breadcrumbs, garlic and onion and process lightly to combine. Leave some texture in the mixture.
3. Season with black pepper.
4. Using damp hands, shape the mixture into 8 burgers. Place on a lined baking tray. Bake in the oven for 30-40 minutes until golden brown.
5. Serve in little buns with sliced tomato and salad leaves.

## Christine's Speedy Pesto Dressing

Using flaxseed oil is a great way to boost your intake of omega 3 fatty acids.

2 tbsp Essential Pesto\*

2 tbsp flaxseed oil

2 tbsp Essential Extra Virgin Olive Oil

Simply whisk the ingredients together.

Can be stored in the fridge for up to 2-3 days

Use in warm bean and tomato salad, alternatively drizzle over vegetables or salads.

\*Use any Essential Pesto; Original, Red, Rocket or Parsley. Only pure ingredients, vegan and delicious.

# Essential



Essential Pesto is made using fresh herbs, without cheese or any other animal product. An ideal ingredient to add flavour to a wide variety of dishes, the Essential range of pestos are wonderfully creamy, and so packed full of flavour and texture you won't even miss the cheese!

- Use Essential Pesto to quickly whizz up a family evening supper by stirring a couple of tablespoons into cooked pasta or risotto.
- Spoon over baked potatoes or make into a dressing (see below) for drizzling over salads and cooked vegetables.
- Mix with olive oil and drizzle over roasted tomatoes and peppers for a simple Mediterranean dish.
- Try it in a warm bean and tomato salad – simply sauté a chopped red onion in a little Essential coconut oil with a crushed garlic clove for 2-3 minutes. Add halved cherry tomatoes, some blanched green beans and pan fry for a couple of minutes. Drizzle over some pesto dressing (see below) and toss to coat.
- Essential Pesto is also perfect as a topping for bruschetta and for using in recipes where you want some instant fresh herby flavour.
- Instead of garlic bread simply spread some Essential Pesto over a sliced baguette and warm in the oven.
- Blend Essential Pesto with silken tofu or puree with some cannellini beans for a simple instant dip.
- Delicious with eggs – try adding a spoonful to omelettes, frittatas or mix into scrambled eggs.
- Liven up homemade soups, stews & casseroles with a spoonful of Essential's delicious pestos.
- Spread on pizza bases and savoury tarts.

## Nutritional Information

(without roll)	Per burger	Per 100g
Calories:	137kcal	134kcal
Protein:	6.8g	6.6g
Total Fat:	3.5g	3.4g
of which saturates	0.1g	0.1g
Carbohydrates:	19.5g	19.1g

Christine Bailey is a well known Nutritionist, Coach, Chef & Food & Health Trainer. She has over 16 years experience in the food & health industry working with a wide range of clients from Corporates, Food and Health Companies to National Charities, Local Authorities and private clients. During her extensive training she gained a First Class Honours BSc in Nutritional Therapy at the Centre for Nutrition Education and Lifestyle Management, a MSc in Sciences, Professional Chef qualification & Professional Teaching qualification PGCE in food, health and nutrition.



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