



**VEGETARIAN
EXPRESS**



Freekeh and Pinto Bean Burger

Ingredients

- 120g freekeh-cracked
- 120g pinto beans
- 120g chargrilled peppers (tray)
- 5g fresh coriander
- 100g vegan mayonnaise
- 50g Santa Maria chipotle paste

Freekeh-cracked may contain traces of Tree Nuts, Peanuts, Celery, Sesame & Soya

Method | SERVES 4

- Boil freekeh for 20 minutes.
- Blend 60g pinto beans into a puree.
- Dice green peppers, slice coriander and mix everything together.
- Shape into patties and chill in fridge.
- Pan fry for 4 minutes each side.
- Blend vegan mayonnaise with chipotle paste and arrange as shown.

Typical Nutritional Values

	per 100g	serving 122g
Energy	1151kJ 276Kcal	1404kJ 337kcal
Fat	18.0g	22.0g
of which Saturate	1.8g	2.2g
Carbohydrate	23.0g	28.1g
of which Sugars	2.6g	3.2g
Fibre	6.6g	8.1g
Protein	5.5g	6.7g
Salt	0.52g	0.6g

Suitable for: Vegan, Dairy Free

Allergens: Cereal Gluten.

Impact | PER SERVING

Plant based dishes use fewer natural resources in their creation than those made with meat, fish or animal derivatives. Here's the comparative impact of this dish if it was made using beef.

CO₂ saving (g)	Land use saving (m²)	Water use saving (L)
1440	7	708

Please note that whilst every care has been taken to ensure the information contained in these recipes is correct, products are often reformulated by manufacturers. This may affect the nutrition and allergy information; therefore you should always check product labels and not rely solely on the information presented here. In addition, when preparing food for special diets, care must be taken to ensure there is no cross contamination from other foods. Separate cooking vessels and utensils must be used.