

CHILLI BEAN BURGER


FREEZER
FRIENDLY



 Makes 4

 Prep Time 15 minutes

 Cook Time 10-12 minutes

 Easy As



INGREDIENTS

- 420 g can **Wattie's Mild Chilli Beans**
- 500 g beef mince
- 1 small onion, diced
- ¼ cup chopped parsley leaves
- ¼ cup dried breadcrumbs
- 4 burger buns, toasted

METHOD

1. Drain off the excess sauce from **Wattie's Mild Chilli Beans** through a sieve. Place in a bowl with the beef mince, onion, parsley and breadcrumbs. Season with salt and pepper. Mix well then form into 4 patties.

- Lettuce
 - Tomato slices
 - Red onion slices
 - **Wattie's BBQ Sauce**
3. Cook in a lightly oiled frying pan over a medium heat for 5-6 minutes on each side or until cooked through.
 4. Serve in toasted burger buns with your favourite fillings. We used lettuce, tomato, red onion and **Wattie's BBQ Sauce**.

TIPS

- Depending on spice levels, you can use medium or hot chilli beans in the patty mixture.
- To freeze: Freeze uncooked patties on a tray. Once frozen pack into sealable plastic bags or an airtight container. Thaw in refrigerator before cooking. If cooking from frozen, you will need to allow extra time. Patties can be frozen for up to 1 month.