

VEGGIE BRIOCHE BURGER WITH RED BEANS AND AVOCADO

2 personnes 30 minutes Easy

Ingredients

- 2 Plant-Based Brioche Burger Buns
- 1 cup canned red beans, drained
- 1/3 cup of flour
- Spices and/or herbs (cumin, turmeric, paprika, coriander, parsley)
- Salt, pepper
- 1 avocado
- Corn
- Rocket
- Optional: Mozzarella or Cheddar cheese

Preparation

Preparation of the burgers:

Preheat oven to 200°C.

Drain the red beans well. Mix them with the spices and herbs of your choice, about 3 teaspoons. Season with salt and pepper.

Add the flour little by little, mixing each time.

Form steaks the size of Brioche Burger Buns (use die cutting if necessary). Place the burgers on a sheet of parchment paper and bake for 8 minutes.

While the burgers are cooking, roughly crush the avocado. Season with salt and pepper.

Put the Brioche Burger Buns in the oven for 2 minutes to toast them slightly. Optional: add cheese on one side to melt in the oven.

Assemble your Brioche Burger Buns with the avocado puree, the red bean burger, fresh corn and a few arugula leaves.

