

DINNER

Makes : 4

Glycemic Load: 4

Protein: 4gm

Fibre: 4gm

Black Bean Patties

Ingredients:

- 1 cup of [black beans](#), rinsed, soaked and cooked
- ½ capsicum
- ½ onion
- 3 cloves garlic
- 1 egg
- ¼ tsp [cayenne pepper](#)
- 1 ½ tsp [ground cumin](#)
- 1 Tbsp Sweet Thai chilli sauce
- 2 Tbsp of [Chickpea flour](#)
- 1 cup or fresh coriander
- 1 tsp cooking oil



Method:

Prepare Black Beans. Soak in water overnight, rinse and cook for 60mins. In a food processor combine capsicum, onion and garlic and process into a paste.

Heat oil in a fry pan and cook paste mixture for 5-10 mins. Add cayenne pepper and cumin to the paste, heat it through and transfer it to a large bowl.

Process the fresh herbs in the food processor and transfer to the large bowl.

Process the black beans in the food processor and transfer to the large bowl.

Add chilli sauce, egg and chickpea flour to the large bowl and mix well with your hands.

If the mixture seems too wet, add more chickpea flour.

Shape into patties and shallow fry on a medium heat until brown both sides. Serve in a burger or with your favourite salad