

# Sweet Potato, Quinoa & Bean Burger

## Serves 4

- 1 sweet potato
- 1/3 cup (60g) quinoa, raw
- 14 oz. (400g) can kidney beans, drained
- 1 tsp. rosemary
- 1/2 tsp. chili flakes
- 1 1/2 tbsp. olive oil

## What you need to do

1. Preheat oven to 410°F (210°C) and cut the sweet potato into 3/4 inch (2cm) pieces. Place it in an ovenproof dish, drizzle with 1/2 tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25-30 minutes.
2. Once potatoes are cooked, allow them to cool slightly. Then peel off the skin, place in a bowl, and mash the flesh with a fork. Add in the drained beans and also mash with a fork.
3. Cook quinoa according to instructions on the packaging. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.
4. Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil. Place on a baking tray lined with tin foil and bake for 20-25 minutes in 410°F (210°C).



GF	DF	MP	V						
				Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
				10 mins	55 mins	171	6	22	5

\*Nutrition per serving

