

# Happy Cow burgers

## Ingredients

1 Big bunch fresh herbs  
900g mixed beans  
Pinch of cayenne pepper  
½ Teaspoon ground cumin  
1 Teaspoon ground coriander  
Zest of 1 Lemon  
1 ½ Heaped tablespoons of flour, plus extra for dusting.  
Olive oil  
3 large tomatoes  
1 Lettuce  
2 Carrots  
2 Beetroots  
Mayonnaise  
Tomato sauce

## Directions

1. Put the herbs into a food processor whiz for 20 seconds

2. Drain the beans, add a good pinch of salt and pepper, the cayenne, cumin, coriander, grated lemon zest and flour to the food processor and whiz again until fine scrape down the sides if needed.
3. Tip the mixture onto a floured table and divide into 15 pieces, roll each piece into a ball and flatten into a patty about 2cm thick, dusting your hands and patty with flour as you go.
4. Pour 2 tablespoons of oil into a frying pan fry for about 3 minutes each side or until golden.
5. Meanwhile slice the tomatoes grate the carrot and beetroot and shred the lettuce. Arrange on a serving plate.
6. Serve on a hamburger bun with mayonnaise, tomato sauce and your choice of salad.