

Mini Soybean Sliders

Ingredients

150g/5½oz frozen soya beans
1 bird's-eye chilli, seeds removed, chopped
55g/2oz breadcrumbs
2 spring onions, chopped
2 tbsp finely chopped fresh coriander
1 free-range egg, lightly beaten
1 tsp plain flour
1 tbsp olive oil

Method

1. Place the soya beans, chilli, breadcrumbs, spring onions, coriander and egg into a food processor and pulse briefly to combine.
2. Shape the mixture into a patty and dredge in the flour.
3. Heat the olive oil in a non-stick frying pan and fry the patty for three minutes on each side, or until cooked through and golden-brown.
4. To serve, place the burger in a bun with herb salad and top with a generous spoonful of salsa.