

Veggie Burger with Kidney Beans and Brown Rice

Not every burger is labeled as “Junk food”, be creative and think outside of the box, make your own version of heavenly veggie burger. This recipe might be the start of your healthy-burger journey. Enjoy!

Preparation time: **45 min** + Cooking time: **15 min** = Total time: **1 hour**

Serves **4** people.

130g	Brown rice, cooked
100g	Mixed nuts(Cashew, walnuts, hazelnuts etc.)
1	White onion, chopped
1	Large red onion(or 2 small ones)
8g of each	garlic powder, smoky paprika, cumin powder
10g	Brown sugar
180g	Canned red kidney beans, drained
60g	Smoked BBQ Sauce(Veggie)
100g	Mixed sprouts
2	Tomatoes, sliced
4g	Caraway seeds
1	Grapefruit
2	Oranges
60g	Red wine vinegar
15g	White sugar
2	Bay leaves
4	Burger buns
	Salt
	Pepper
	Olive oil
	Mayonnaise
	Dijon mustard



Simple Steps to Succeed

To make the pickled red onions:

1. Take an empty jar and put 2 bay leaves, caraway seeds at the bottom. Cut the oranges and grapefruit in halves and squeeze to get the juice out into the jar, add white sugar and red wine vinegar.
2. Use a spoon and gently stir until all the flavors are well-combined.
3. Chop red onions and soak the rings into the liquid.
4. Seal the jar with a lid and let it sit for at least half an hour.

To make the patty

1. Use a rice cooker to cook the rice, referring to the instruction of your rice cooker. If you don't have one, then follow the steps [here](#).
2. Heat the skillet over medium-high heat, add all the nuts in it and roast them for about 3-5 minutes. Remove from the heat and set the nuts aside.
3. Drizzle some oil in the same skillet and add chopped white onions, sauté until onions turn brownish, soft and translucent. Turn off the heat and let it cool.
4. Add the cooked rice, kidney beans, all the spices(Cumin, paprika and garlic powder), sautéed onions, brown sugar, BBQ sauce, roasted nuts into a food processor. Blend everything together until the mixture is mashed up. If the mixture is too dry, add the liquid from kidney bean can or BBQ sauce. If too wet, add extra crashed nuts.
5. Get your hands dirty! Divide the mash into 4 portions, use your hands to form 4 patties of similarly round size and shape the patties with your palms and fingers. Keep your hands dry while doing this. Set on a plate.
6. Use the same skillet and drizzle extra olive oil, turn the heat back on over medium heat and gently place 4 patties inside. Start frying for around 1 min and flip them over, keep frying for another 1-2 min. The time doesn't need to be too long as the patty is already cooked. The frying process is to add some extra crispy touch on the surface.
7. Turn off the heat and set them aside.

To make the sauce

Mix mayonnaise, BBQ sauce and mustard all together.

In the end, stack the burger buns with veggie patties, sauce, mixed sprouts, pickled red onions and sliced tomatoes. Serve.