



Charred Black Bean, Mushroom, Quinoa and Chipotle in Adobo Burgers

Serves: 4

Welcome Autumn with a delicious, easy to make vegetarian burger recipe perfect for a BBQ with family and friends!

TASTE OF AUTUMN FACT

Whether you're concerned for health, the environment or animal welfare, it is estimated that 12% of Australia's population now regularly eat a vegetarian diet. In recognition of the growing popularity of this diet, we have created a vegetarian burger recipe, that we think will be enjoyed just as much by meat eaters! The patty is made with mushrooms, black beans and white quinoa and along with a number of other ingredients, flavoured with the sauce found in Chipotle in Adobo, a staple Mexican ingredient made with smoked and dried Jalapeno chillies. These chillies are rehydrated and canned in a sweet and tangy sauce made with tomato, vinegar and garlic and found in most supermarkets. The chillies can be offered as an accompaniment, but be warned they are hot!

INGREDIENTS

- 150gm Whole Egg Mayonnaise
- 3 tsp Chipotle in Adobo - sauce only.
- 100gm Red Onion - top, tail, peel, halve and roughly chop.
- 60gm Field Mushrooms - roughly chop.
- 50gm Button Mushrooms - roughly chop.
- 1 tsp Chipotle in Adobo - sauce only.
- ½ tsp Sweet Paprika
- 1 tsp Ground Cumin
- 1 tsp Ground Coriander
- 200gm Tinned Black Beans - drain.
- 55gm White Quinoa - cook as per manufacturer's instructions.
- 70gm Fine Breadcrumbs
- To Taste - Sea Salt and Finely Ground Black Pepper
- As Required - Extra Virgin Olive Oil Spray
- 4 Brioche Burger Buns - cut in half widthways.
- 12 Baby Cos Lettuce Leaves - remove outer leaves and core, use inner leaves only, rinse and drain.
- 8 slices Vine Ripened Tomato
- 4 slices Swiss Cheese

METHOD

1. In a mixing bowl, add the mayonnaise and 3 teaspoons of sauce from the chipotle in adobo, then whisk to combine. Cover with cling wrap and refrigerate until required.
2. In the bowl of a food processor, add the onions, mushrooms and 1 teaspoon of sauce from the chipotle in adobo, blend until the ingredients are finely chopped.
3. Add the paprika, cumin and coriander to the mushroom mixture and continue to blend for a further 30 seconds.
4. Add the black beans to the mushroom mixture and continue to blend for a further 10 seconds or until the black beans have been roughly chopped.
5. Remove the mushroom mixture and place in a mixing bowl. Add white quinoa and breadcrumbs, mix to combine and season to taste.



6. Shape the mixture into 4 evenly sized burger patties, place on a clean plate, cover with cling wrap and refrigerate for 1 hour to allow the burger patties to chill and firm up.
7. Lightly spray oil a saute pan and place over a moderate/low heat, once warm, in batches, add the burgers, cook for 2 minutes on each side or until they are heated through and lightly browned on each side. Remove from the heat and keep warm.

TO SERVE

Lightly toast the burger buns, then place each bun base cut side up on a clean work surface. Lightly spread the bun bases with a portion of the chipotle in adobo mayonnaise, then top each with three lettuce leaves, two slices of tomato, one slice of Swiss cheese and one burger patty, then lightly top with a little more chipotle in adobo mayonnaise. Gently place the bun lids on top. Serve accompanied by an optional side of thick cut potato or sweet potato fries.