



## BODIcafé Black Bean Patty

**Makes 15**

**Prep + cooking time - 2hr 45min**

### Ingredients

- 500g cooked BODIcafé Black Beans
- 1/3 cup chopped onion
- ¼ cup finely chopped green pepper
- 1 tbsp crushed garlic
- 1 grated carrot
- 1 cup brown bread crumbs
- 1 tsp ground cumin
- ¼ cup brown bread flour
- 1 tsp chilli powder
- 3 tbsp chilli paste
- ¼ tsp salt

### Method

1. Preheat oven to 180 ° C Heat and prepare a baking tray with spray and cook
2. Mash beans in a bowl and set aside.
3. Heat oil in a saucepan over medium heat
4. Add onion and cook until it is translucent
5. Add garlic and cumin and cook for 2 min
6. Add carrots and peppers and cook for 5 min. (carrots should still be crunchy)
7. Stir carrot mixture into the mashed bean
8. Add the brown bread flour and bread crumbs and mix through  
Roll into balls and shape in the form of a patty
9. Place on baking tray and bake in oven for 20 min