Lunch

Beef and Black Bean Patties with Avocado Salad

Juicy beef and black bean patties seasoned with smoked paprika and fresh coriander, served bunless over crisp salad leaves with avocado, tomato and crumbled feta.



Gluten free

55 min	489	18.74 g	7.6 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 600 g lean beef mince
- [ ] 1 x 425g can black beans, drained, rinsed and patted dry
- [ ] ½ small white onion, finely chopped
- [ ] 1 small carrot, finely grated
- [ ] ¼ cup coriander, finely chopped
- [ ] ½ cup almond meal
- [ ] 1 egg
- [ ] 2 garlic cloves, minced
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp chilli powder (optional)
- [ ] Salt and pepper to taste
- [ ] Salad ingredients
- [ ] 6 cups mixed salad leaves
- [ ] 6 medium tomatoes, chopped
- [ ] 3 avocados, sliced
- [ ] 60 g reduced fat feta, crumbled
- [ ] Juice of 2 limes
- [ ] 2 tbsp extra virgin olive oil

Nutrition Facts

Per serving

Calories	489
Total fat	28.9 g
Saturated fat	7.1 g
Sodium	369 mg
Total carbs	18.74 g
Fiber	Not listed
Total sugars	7.6 g
Protein	34.5 g

Method

- [ ] **1** Open the can of black beans and tip them into a strainer, rinsing them well under running water, then drain away the liquid and press them dry with paper towel until no excess moisture remains.
- [ ] **2** Tip the dried black beans into a large bowl and mash them lightly, keeping some texture.
- [ ] **3** Add the lean beef mince, finely chopped white onion, grated carrot, chopped coriander, almond meal, egg, minced garlic cloves, smoked paprika, chilli powder if you are using it, and salt and pepper.
- [ ] **4** Work everything together thoroughly by hand, then shape the mixture into even patties.
- [ ] **5** Cover the shaped patties and chill them until they are firm enough to hold together.
- [ ] **6** Cook the patties on a barbecue grill or hotplate over medium heat, turning once, until browned on the outside and cooked all the way through.
- [ ] **7** While the patties cook, prepare the salad ingredients by combining the mixed salad leaves, chopped tomatoes, sliced avocados and crumbled reduced fat feta in a large bowl.
- [ ] **8** Whisk the juice of the limes with the extra virgin olive oil, then pour it over the salad and toss gently so everything is coated.
- [ ] **9** Serve the warm patties on top of the dressed salad.

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