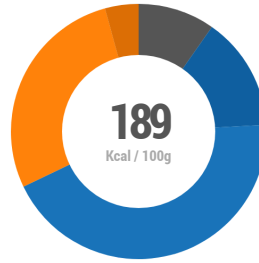


Sticky Bean Burger with Avocado and Sweetcorn Relish

OVERVIEW ...



CALORIES:
58.2% Carbs
9.7% Protein
32.1% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT MUSTARD SESAME

MAY CONTAIN:



HAZELNUTS,
 PECANS,
 ALMONDS,
 CASHEWS,
 WALNUTS,
 BRAZIL NUTS,
 PISTACHIOS,
 MACADAMIAS

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

134449 Brakes Spicy Bean Burger..

SPICY BEAN BURGER

BRAKES **100g**

1x Each

unchanged

57033 La Boulangerie 4.5" Sesame Seed Burger Bun.. - BRAKES

57033 BURGER BUN

BRAKES **73g**

1 x Each

unchanged

151872 Global Hacienda Avocado Halves.. - BRAKES

151872 AVOCADO

BRAKES **50g**

½ x Each

unchanged

112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml..

HOT CHILLI SAUCE BLUE DRAGON

BRAKES **10g**

0.01x Each

unchanged

350157 Brakes Squeezy Clear Blossom Honey..

SQUEEZY CLEAR BLOSSOM HONEY BRAKES

BRAKES **10g**

0.01x Each

N/A

109420 French's Crunchy Sweetcorn Relish..

CRUNCHY SWEETCORN RELISH

BRAKES **20g**

0.01x Each

N/A

86251 Brakes Chilli Tortilla Corn Chips..

CHILLI FLAVOUR CORN CHIPS

BRAKES 10g

N/A

525427 Asian Slaw Mix (19 Oct 2023)..

ASIAN SLAW MIX

BRAKES 20g

0.04x Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 293g / 581kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Defrost the bun
Defrost the avocado

Method:

1. In a bowl mix together the Asian slaw and sweetcorn relish.
2. Pre-heat a fryer to 180oC then fry the bean burger for 4 mins until crispy and golden - drain.
3. In a pan over a medium heat add the sriracha and honey and bring to a gentle simmer, cook until its reduced and sticky.
4. Now add the burger and coat well in the sticky sauce.
5. Slice the avocado and crush the corn chips over the top
6. Bring all the components together as per the attached image - serve!