

# Beany Sandwich

This sandwich features a hearty bean patty infused with nutritious seeds, sandwiched between slices of ciabatta, offering a satisfying and wholesome meal option packed with flavour and texture.

This recipe makes 1 sandwich.



## Ingredients

400g tin of barlotti beans, drained and rinse  
1 red onion, finely chopped  
1 green chilli, finely chopped  
salt  
2 tbsp sun-dried tomato paste (or red pesto)  
1 egg  
2 slices of white bread, blitz to crumbs  
some sesame seeds and bread crumbs to roll  
ciabatta bread

olive oil  
cucumber strips  
pinch of salt  
pinch of chilli powder  
lemon juice  
sprinkle of sesame seeds  
1 tbsp mayonnaise  
chilli oil

### **Method**

- Place your beans in a large bowl and roughly mash them.
- Add the red onion, green chilli,  $\frac{1}{4}$  tsp salt, sun-dried tomato paste, egg, and breadcrumbs. Mix well.
- Mix some more breadcrumbs and sesame seeds in another bowl.
- Form the bean mixture into patties and roll them in the breadcrumb and sesame seed mix until thoroughly coated.
- Heat 2 tbsp oil in a shallow frying pan. Add the bean patties and cook on both sides for 4-5 minutes or until golden brown.
- Place your cucumber in a bowl and add a pinch of salt, chilli powder, a squeeze of lemon juice, and a sprinkle of sesame seeds. Mix well.
- Mix the mayonnaise and chilli oil in a small bowl.
- Slice your ciabatta in half and toast it. Spread the chilli mayo on the inside of the ciabatta and add a handful of your cucumber mix.
- Add a couple of bean patties and close your sandwich. Enjoy!