

Allégro



4%
MILK FAT +
PROTEIN
+ **CALCIUM**

VEGETARIAN CHEESEBURGER WITH ALLÉGRO 4% SLICED CHEESE



- + 400 ml of canned black beans, drained and mashed with a fork
- + 1 red onion, finely chopped
- + 60 ml (1/4 cup) of almond powder (optional)
- + 125 ml (1/2 cup) of bread crumbs
- + 5 ml (1 tsp) of curry
- + 30 ml (2 tbsp) of Dijon mustard
- + 1 egg, beaten
- + Salt and pepper to taste
- + Vegetable oil
- + 4 hamburger buns
- + 4 slices of Allégro 4% Sliced cheese
- + Your choice of condiments

In a bowl, vigorously mix together the first seven ingredients. Season to taste. Form 4 uniform patties. (It is easier to form the patties after wetting your hands.) In a lightly oiled pan, cook the patties over high heat for 2 minutes. Turn over the patties and continue cooking over medium heat for 5 minutes. About 2 minutes before cooking is finished, heat the buns. Garnish each patty with a slice of Allégro cheese and your choice of condiments.

Serving suggestion: Serve with a tomato salad lightly seasoned with cumin or vanilla.

Nutri-note: Start with one can of beans and voilà – dinner for four! The kids will love the taste of these burgers and you'll love the fact that they're incredibly nutritious.

Very high source of fibre
Excellent source of calcium and iron

Preparation time: 5 minutes
Cooking time: 7 minutes
Number of portions: 4