

Brown Rice, Bean & Tuna Burger Bowl



Healthy, easy and great tasting! Tuna, brown rice, zucchini and cannellini bean patties are a great alternative to traditional burgers. Try serving in a salad bowl as a change from buns.

Recipe supplied by John West.

Ingredients

- 1 small zucchini, grated
- 2 x 95g can John West Light Tuna Tempters in Springwater, drained
- 400g can Edgell Cannellini Beans, drained
- 1/2 cup breadcrumbs
- 1 egg
- 2 tablespoons mayonnaise
- 1 clove garlic, crushed
- 3/4 cup cooked brown rice (or 115g microwave brown rice tub, heated following packet directions)
- 2 spring onions, chopped
- 1 teaspoon ground cumin
- 2 tablespoons olive oil

Method:

1. Place zucchini in a sieve and remove as much water from zucchini as possible. Place zucchini, John West Light Tuna and Edgell Cannellini Beans in a food processor. Blitz until just combined.
2. Add breadcrumbs, egg, mayonnaise and garlic and blitz again for 30 seconds to combine.
3. Add heated rice, spring onion and cumin. Process for 30 seconds until combined, do not over process. The mixture should be moist and hold together. If too sticky and wet add more breadcrumbs.
4. Using a 1/2 cup to measure, shape into burger style patties and allow to firm in fridge for 30 minutes.