**Quinoa & beetroot burger**

Serves: **6**

* 100g quinoa
* 220g can kidney beans
* 1 red onion
* 2 cloves crushed garlic
* 1tbsp tomato purée
* 50g fresh breadcrumbs
* 1tbsp tomato purée
* 150g cooked beetroot(not in vinegar)
* 1tsp paprika
* 1tbsp Worcestershire sauce
* 1tsp cumin
* 1tbsp chopped parsley
* rolls
* salad and coleslaw (optional)

1. Rinse 100g quinoa, cover with water in a pan, boil, then simmer for 20 mins.
2. Drain, then put in a bowl with a 220g can kidney beans, drained, 1 red onion, chopped, 2 cloves garlic, crushed, 1tbsp tomato purée, 50g fresh breadcrumbs, 150g cooked beetroot, mashed, 1tsp paprika, 1tbsp Worcestershire sauce, 1tsp cumin and 1tbsp chopped parsley. Shape into 6 burgers.
3. Preheat the oven to 190C/170C Fan/Gas 5. Cook on a lined baking tray for 12-15 mins.
4. Serve in rolls with salad and coleslaw (optional).