

# Veggie bean burgers

Prep: 45 mins • Cook: 20 mins • Serves: 4

These tasty bean burgers use carrot to add moisture and help to keep them low in potassium and phosphate. These are a great vegetarian choice that can easily be made vegan too.

## Ingredients

- 400g tin chickpeas (in water)
- 300g carrots
- 1 garlic clove (crushed)
- 1 tablespoon olive oil
- Squeeze lemon juice
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon smoked paprika
- Freshly ground black pepper
- 7 cream crackers (approx. 60g)
- 4 wholemeal bread rolls
- 80g cucumber slices
- 80g lettuce leaves
- 4 tablespoons crème fraiche

**Carbohydrate** The carbohydrate in this dish is mainly provided by the bread rolls and cream crackers. The carbohydrate value of this dish has been provided for those who have been trained in insulin adjustment.

**Phosphate/potassium** If you have been prescribed a phosphate binder, ensure you take them with this dish.

If you are on a low potassium restriction, we suggest serving with a bread roll like the recipe or alternatively with some pasta or rice.

Please be aware that serving these burgers with potatoes as chips, jacket potatoes or crisps will increase the potassium content significantly.

**Protein** This recipe is low in protein and ideal if you have been advised to lower your protein intake. If you have been advised to increase your protein intake you could have a bigger portion, or use more chickpeas than carrots.

## Special diets

**Gluten free:** Use gluten free breadcrumbs instead of the crackers and serve with a gluten free roll. **Vegan:** Use a non-dairy crème fraiche.

**Healthier option** There is no added salt in this recipe but some of the ingredients contain a small amount of salt, which makes it slightly above the range to be classified a low salt dish.

Salt content in bread and rolls can vary. When choosing a bread roll, check the nutritional information and choose the ones with the lowest salt content

Storage Freeze uncooked and bake from frozen at 200C/ gas mark 6 for 45 minutes.



Everyday dish

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium		Low salt
70g	Carbohydrate	483Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





## Cooking in the kitchen with Chef Paul Ripley

These veggie burgers are easy and cheap to make. Kids would love having a go!  
You can even freeze them to cook from frozen as needed.



1

Preheat your oven to 200C / gas mark 6. Boil the carrots in plenty of water, when cooked drain and mash. Drain and rinse the chickpeas.



2

Mash the chickpeas in a bowl with a potato masher. Add the mashed carrot, crushed garlic, spices, pepper and a squeeze of lemon juice. Mix well.



3

With wet hands, roll the mixture into four burger-sized balls, then flatten into a burger shape. Chill in the fridge for 20-30 minutes to firm up.



4

Crush the cream crackers by placing them between a clean tea towel and using rolling pin. Coat the outside of the burger with cream cracker crumb by rolling them in the crushed crackers.



5

Drizzle a tablespoon of olive oil on a baking tray. Turn the burgers over in the oil to coat all sides and arrange on the baking tray.



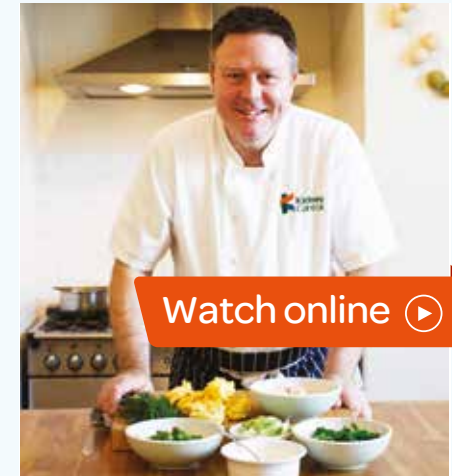
6

Place the baking tray in the oven and cook for 20 minutes, turning the burgers over after 10 minutes. Allow to cool and rest for 2-3 minutes before serving in a wholemeal bread roll with the lettuce, cucumber and a dollop of crème fraiche.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

[www.kidneykitchen.org](http://www.kidneykitchen.org)



Watch online

Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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