

Veggie Burgers with Curry Mayonnaise

MAKES 6 BURGERS



INGREDIENTS

- 1/2 cup medium-grind **Bulgur**
- 1 can (14 1/2 ounces) pinto beans, rinsed and drained
- 1/4 cup plain dried breadcrumbs or Panko
- 4 scallions, white and green parts, thinly sliced
- 1 large egg
- 1 large carrot, coarsely grated
- 1/4 teaspoon cayenne pepper
- 2 tablespoons **Tahini** (sesame-seed paste)
- 3 tablespoons vegetable oil
- 4 whole-wheat English muffins, toasted
- lettuce
- Kosher salt and fresh ground pepper

Curry Mayonnaise

Stir together until smooth:

- 1/2 cup reduced-fat mayonnaise
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon curry powder
- Kosher salt and fresh ground pepper

FIRST

In a medium bowl, mix bulgur with 1/4 teaspoon coarse salt and 1 cup boiling water. Cover bowl with plastic wrap, and let sit until bulgur is tender (but still slightly chewy), about 30 minutes. Drain in a fine-mesh sieve, pressing to remove liquid.

NEXT

Place beans in a medium bowl; mash with a potato masher until a coarse paste forms. Add breadcrumbs, scallions, egg, carrot, cayenne, tahini and bulgur. Season generously with salt and pepper, and mix to combine. Form mixture into 6 patties, each about 3" wide and 3/4" to 1 inch thick.

LAST

In a large skillet, heat oil over medium-low. Cook patties until browned and firm, 5 to 8 minutes per side. Serve on English muffins with curry mayonnaise and lettuce.

DEFINITIONS

Bulgur [buhl-ger] – *noun*

A quick-cooking form of whole wheat that has been cleaned, parboiled, dried, ground into particles and sifted into distinct sizes.

Tahini [tuh-hee-nee, tah-] – *noun*

Tahini and sesame paste are ground sesame seeds used in cooking. The Middle Eastern tahini is made of hulled, lightly roasted seeds; the East Asian sesame paste is made of unhulled seeds.