

11<sup>th</sup> April 2018

# Cuisle Centre

*Health · Hope · Happiness*



## WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 11<sup>th</sup> April 2018

GUEST PRESENTER: Joan Burch

RECIPES: KALE CRISPS

MEAN BEAN BURGERS

HEALTHY CHOCOLATE BROWNIES

**Cuisle Centre**  
*Health · Hope · Happiness*

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## KALE CRISPS

### Ingredients:

1 bag kale (approx. 200g) 1-2tbsp Olive Oil  
1/4 tsp sea salt (more or less depending on your taste)

### Optional flavours

Black pepper  
Garlic Powder  
Flakes

Curry Powder  
Nutritional Yeast

### Method:

1. Preheat oven to 130C. Line a large baking tray with baking paper.
2. Make sure the kale is very dry after washing.
3. Place in large bowl with olive oil, salt and/or optional flavouring.
4. Mix with hands making sure all the kale is covered with some oil.
5. Lay kale in a single layer on the baking tray and bake for 8-12 minutes, until crisp but not brown.
6. Serve immediately



## MEAN BEAN BURGERS

### Ingredients

1 tin black beans (drained and rinsed)	½ small red onion (finely chopped)
¼ green pepper( finely chopped)	1-2 garlic cloves
½ medium carrot (grated)	1tsp chipotle paste
½ tsp cumin	3 tbsp oats
Handful of coriander (finely chopped)	½ tsp smoked paprika
1 egg	1 tbsp whole flax seeds
1 tbsp olive oil	¼ tsp salt
Black pepper	

### Method

1. Preheat oven to 180C. Line baking tray with baking paper and lightly oil it.
2. Pulse all the ingredients in food processor until smooth, thick consistency.
3. Spoon out 2 tbsp mixture per burger on baking tray and shape like a burger.
4. Bake for 15 minutes until set, flip over carefully and bake for another 10-15 minutes until cooked in the centre and crisp on the outside.

