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Herb and Cheese Bencakes with Caper Mayonnaise



Ingredients

400g can of cannellini beans
2 large eggs
A handful of fresh basil
A handful of fresh parsley
A few fresh chives
4-5 spring onions
1 fat clove of garlic
50g mature white cheddar
A quarter teaspoon of paprika
Salt and freshly milled black pepper
2 thick slices of wholemeal bread
2-3 tablespoons of plain white flour
1 tablespoon of sunflower oil
Oil spray

Preparation

1. Preheat the oven to 200 degrees or 180 degrees fan oven.
2. Drain the canned beans, rinse them thoroughly and whizz them in a food processor until almost smooth, then put them into a large bowl. Beat the eggs in a large shallow bowl then mix 2 tablespoons of the beaten egg with the beans. Finely chop the basil and parsley leaves and the chives then chop the spring onions into small pieces. Peel and crush the garlic and add it to the bowl, then stir in the chopped herbs and spring onions.
3. Grate the cheese and stir it into the bean mixture, then season well with salt and black pepper and add the paprika.
4. Cut the crusts off the slices of bread. [Day old bread is better if you have it.] Tear the bread into pieces and grind into very fine breadcrumbs, then add a heaped tablespoon of the breadcrumbs to the mixture and stir well.
5. Sift the flour onto a large plate and put the breadcrumbs onto another, beside the remaining beaten egg. With floured hands, take a spoonful of the mixture and form it

into a patty shape

- 6 I made 8 beancakes of equal size from this mixture. Coat it in the flour, dip it into the egg then place it in the breadcrumbs and spoon them over the top to completely coat the cakes.
- 7 6. Brush a tablespoon of oil on an oven tray and heat in the oven for a minute or two. Place the beancakes on the tray, spray or drizzle the tops with oil then bake for 15-20 minutes, or until they are cooked inside and crispy on the outside.
- 8 **To make caper mayonnaise:**
- 9 You will need:
- 10 4 tablespoons of low fat mayonnaise
- 11 1 lemon
- 12 Half a teaspoon of Dijon mustard
- 13 2 teaspoons of capers
- 14 Freshly ground black pepper
- 15 1. Spoon the mayonnaise into a small bowl. Add the mustard and a teaspoon of juice from the lemon then mix well together.
- 16 2. Finely chop the capers and add them to the mayonnaise along with a grinding of black pepper, and stir everything together. Chill in the fridge.

Cooks Note
