In a medium bowl, mix bulgur with 1/4 teaspoon coarse salt and 1 cup boiling water.

Cover bowl, and let sit until bulgur is tender (but still slightly chewy), about 30 minutes. Drain in a fine-mesh sieve, pressing to remove liquid.

Place beans in a medium bowl; mash with a potato masher until a coarse paste forms.

Add breadcrumbs, scallions, egg, carrot, cayenne, 2 tbsp. tahini, and bulgur. Season with salt and pepper, and mix to combine.

Form mixture into 4 patties, each about 1 inch thick.

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 Tahini Mayonnaise and lettuce.

**Tahini Mayonnaise**: In a small bowl, whisk together 1/2 cup light mayonnaise, 1 to 2 tablespoons fresh lemon juice, and 1 tablespoon tahini (sesame-seed paste); season with coarse salt and ground pepper.