

Mini beef burgers

Serves 8



Try this quick and easy recipe, a real family favourite, delicious with home-made potato wedges and a side salad.

INGREDIENTS

1 medium red onion
4 sprigs of fresh leaf parsley
2 cream crackers
20g parmesan cheese
1 large free-range egg
400g lean minced beef
Olive oil
8 small wholemeal burger rolls

OPTIONAL

Lettuce, tomato, red onion, avocado, cheese

ALLERGY ADVICE

Contains gluten & dairy

DIETARY COMPONENTS

Beef is a great source of protein, essential for building and maintaining muscle tissue. By choosing lean beef you reduce the amount of saturated fat that is so often found in shop bought burgers. Remember, it is good to limit eating red meat to 1 or 2 times a week.

EQUIPMENT

Chopping board
Knife
Box grater/microplane
Large mixing bowl
Plastic sandwich bag
Rolling pin
Weighing scales
Small mixing bowl
Fork
Baking tray
Fish slice
Baking tray

METHOD

1. Heat the oven to 220°C, Fan 200°C, Gas Mark 7.
2. Peel the onion then grate and place into a large mixing bowl.
3. Pick and finely chop the parsley.
4. Finely grate the parmesan cheese.
5. Carefully crack the egg into a bowl and beat with a fork.
6. Into a large mixing bowl, add the mince, herbs, parmesan and egg. Using your hand combine all the ingredients together.
7. Divide the mixture into 8 equal size pieces. Roll each piece into a ball and flatten into a patty roughly 2cm thick.
8. Place the burgers onto a baking tray and bake for 15 mins or until cooked.
9. Prepare the rolls and any garnishes.
10. When cooked remove the burgers from the oven, use the fish slice to place the burger onto the roll, add the topping and serve.