

Beetroot Burgers

Serves: 4

Prep time: 20 minutes

Cook time: 10-15 minutes



1 serve per portion

Ingredients

1 medium beetroot (or tinned variety)

500g lean beef mince

1 egg, whisked

½ onion, minced

¼ cup fine breadcrumbs

1 tablespoon Worcestershire sauce

2 garlic cloves, minced

Pinch of salt

Pinch of pepper

4 wholemeal burger buns

½ cup of a side salad of your choice*

Recommended toppings:

8 slices beetroot (approximately 1 whole beetroot or one tin)

8 cos leaves, rinsed and drained

1 tomato, sliced

1 red onion, sliced into rings

2 tablespoon Dijon mustard

Method

PLACE beetroot in a microwave safe bowl with a lid. Microwave on high for 10-12 minutes then slip off the skin and slice once cooled, *OR* drain beetroot if using tinned variety. Set aside.

COMBINE remaining ingredients except burger buns and side salad into a large bowl. Mix well.

DIVIDE mixture into four equal portions and form into patties. Place patties on an oiled BBQ grill, or if cooking on the stove top, cook on high heat in a grill pan. Cook for 5 minutes on each side or until cooked through.

ASSEMBLE burgers on wholemeal burger buns with beetroot slices and other desired toppings.

**We recommend serving these burgers with a side salad to bump up the serves of veg! Our light and crunchy coleslaw pairs perfectly - you can find the recipe on our website.*



Everyday Food

Recipe courtesy of Lindsey Thynne, Country Kitchens team