


Classic Beef Burgers

Serves: 2

Prep time: 20 minutes

Cook time: 10-15 minutes

 1 serve per portion

Ingredients

250g lean beef mince

1 small egg, whisked

¼ onion, very finely diced

¼ cup fine breadcrumbs

½ tablespoon Worcestershire sauce

1 garlic clove, minced

Salt and pepper, to taste

1 tablespoon olive oil

2 wholemeal burger buns

1 cup of a side salad of your choice*



Everyday Food

Recommended burger fillings:

4 slices tinned beetroot

4 cos leaves, rinsed and drained

4 slices tomato

¼ red onion, sliced into rings

1 tablespoon Dijon mustard

Method

Add beef mince, egg, onion, breadcrumbs, Worcestershire sauce, garlic and seasonings to a large bowl. Mix well.

DIVIDE mixture into two equal portions and form into patties.

HEAT a frying pan on medium high heat then add oil once hot. 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.*

Recipe courtesy of the Country Kitchens team