

HEALTHY BURGERS RECIPE



Ingredients

- ▲ 200 g lean beef mince
- ▲ 1 onion, one quarter finely chopped, the rest thinly sliced
- ▲ 1 carrot, grated
- ▲ 1 tsp worcestershire sauce
- ▲ 2 tbs breadcrumbs
- ▲ to taste pepper, to taste
- ▲ spray olive or canola oil spray
- ▲ 2 wholemeal or wholegrain rolls
- ▲ 2 tbs salt-reduced tomato sauce, optional
- ▲ 4 leaves lettuce
- ▲ 4 slices canned beetroot slice
- ▲ 1 tomato, sliced
- ▲ 1/2 avocado, sliced

Method

1. In a medium bowl, add the mince, the finely chopped quarter of the onion, half the grated carrot, the Worcestershire sauce, breadcrumbs and a good crack of pepper. Mix, and use hands to shape into two patties about 2 cm thick. Put in the fridge for at least 20 minutes to firm up.
2. Meanwhile, heat up a frypan and or BBQ and spray with a little oil. Cook the sliced onions on medium heat, stirring often, till golden (at least 5 minutes). Remove onions from the pan.
3. Spray the pan with a little more oil and cook the patties on high heat for about 4 minutes each side, until nicely browned and cooked all the way through.
4. Slice open the rolls, spread the bottom slice with a small amount of tomato sauce (if using), and stack the lettuce,

Comment: *To make this dish seafood free, replace Worcestershire sauce with half soy sauce, half tomato sauce.

beetroot, patties, onions, tomato, avocado and leftover carrot on top.

Variation: Make smaller patties and use dinner rolls or English muffins to make "slider" burgers.



Nutrition Information

	per serving	per 100g
Energy	2201 kJ	518 kJ
Protein	37 g	9 g
Fat, total	17 g	4 g
— saturated	5 g	1 g
Carbohydrate	48 g	11 g
— sugars	14 g	3 g
Sodium	785 mg	185 mg
Fibre	13 g	3 g