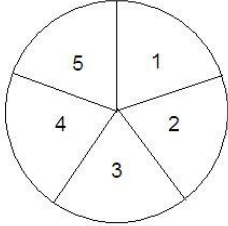



# Homemade Beefburgers

Serves     makes 12 small ones or 6 large ones

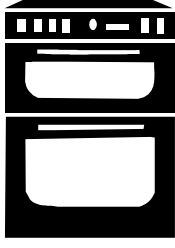
Portions of fruit & vegetables per serving: 0



Hob needed



Grill needed



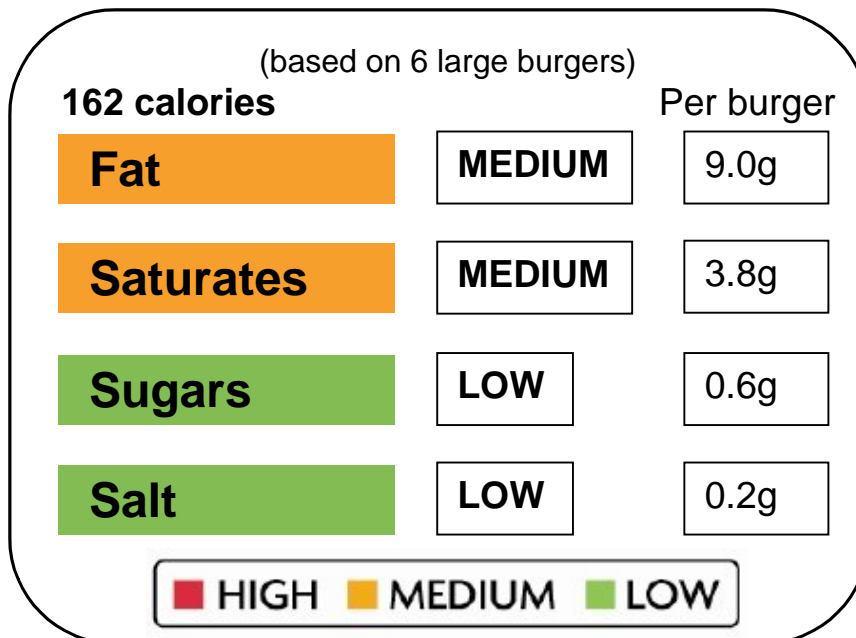
Ingredients	Amount	Preparation
lean mince meat	500g (1lb)	
onion	1 small	finely chopped
egg	1 medium	beaten
black pepper	to taste	
mixed dried herbs	1 teaspoon	

**Please Turn Over**



## Method

- 1 Place all the ingredients in a large bowl and mix together using your hands.
- 2 Divide the mixture into 6 or 12 equal portions and shape each into a ball then flatten slightly into a burger.
- 3 Preheat the grill to medium and place the burgers on the grill rack.
- 4 Cook for about 8 minutes, turn the burgers over and cook for another 7 minutes (allow extra time if they are thick).
- 5 Check they are cooked all the way through, not pink in the middle.
- 6 Serve.



## Handy Hints

- Serve with a bap or potato wedges, and side-salad or one of the salsa recipes
- Try substituting 200g mince with a tin of chopped kidney beans, for added fibre but less fat and provides one of your 5 a day.
- Add some chilli for a spicy burger or for a tangy change replace the egg with 2 tablespoons of mint jelly.
- If you do not have a grill then dry-fry (fry with no oil) the burgers and drain off any excess fat.

