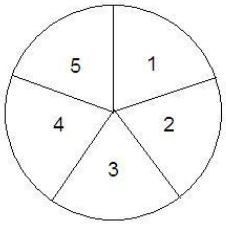
Homemade Beefburgers

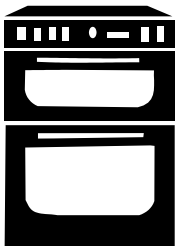
Serves **makes 12 small ones or 6 large ones**

Portions of fruit & vegetables per serving: 0



Hob needed

Grill needed



Allergen information:
Allergens are in bold.
Contains egg

Ingredients	Amount	Preparation
lean mince meat	420g (14oz)	
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.

(based on 6 large burgers)

142 calories		Per burger
Fat	**MEDIUM**	7.1g
Saturates	**MEDIUM**	2.9g
Sugars	**LOW**	0.6g
Salt	**LOW**	0.2g

HIGH MEDIUM LOW

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.