

HOMEMADE BURGERS



PREP & COOK TIME

40m



SERVES

2

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
- Olive or canola oil spray
- 2 wholemeal/wholegrain rolls
- 2 tbs salt-reduced tomato sauce
- 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
2. Heat up a fry pan or BBQ and spray with oil. Cook sliced onions on medium heat, stirring often, till golden. Remove onions from pan.
3. Spray pan with a little more oil and cook the patties on high heat for about 4 min each side, until browned and cooked all the way through.
4. Slice open the rolls, spread the bottom slice with a small amount of tomato sauce, and stack the lettuce, beetroot, patties, onions, tomato, avocado and leftover carrot on top.

