

Beef burgers

Serves 6

Ingredients

- 1 onion
- 1 carrot
- 1 zucchini
- 1 egg
- ¼ cup breadcrumbs
- 1 teaspoon dried mixed herbs
- 500g lean beef mince
- 1 cos lettuce
- 2 tomatoes
- 6 slices cheese
- Olive oil spray
- 6 wholegrain bread rolls



1 Dice

Peel the onion and finely dice into small pieces.



2 Grate

Grate the carrot and zucchini.



3 Squeeze

Squeeze the water out of the grated zucchini and discard.



4 Combine

Combine the onion, carrot, zucchini, beef mince, egg, dried mixed herbs and breadcrumbs in a mixing bowl.



5 Roll

Take handfuls of mixture and roll into six patties.



6 Cook

Heat a frying pan and lightly spray with oil. Cook each patty until brown on each side and cooked through.



7 Prep

Whilst waiting for the patties to cook, slice the tomatoes, shred the lettuce and halve the bread rolls.



8 Build

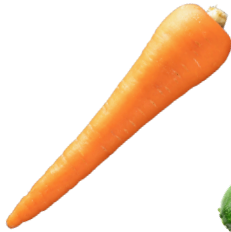
Build the burgers by laying patties, cheese, tomato and lettuce in the roll. Serve.

Beef burgers

Ingredients



1 onion



1 carrot



1 zucchini



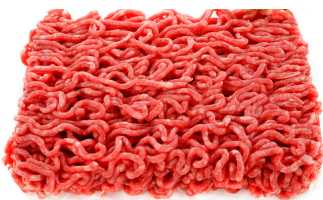
1 egg



1/4 cup
breadcrumbs



1 teaspoon
dried mixed
herbs



500g lean mince



Olive oil spray



1 cos lettuce



2 tomatoes



6 wholegrain
bread rolls



6 slices cheese

Equipment



Frying pan



Chopping board



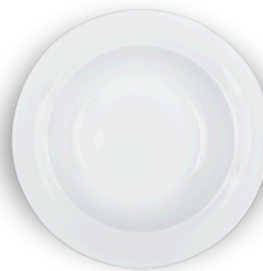
Grater



Knife



Spatula



Plate



Mixing bowl



Measuring spoons



Measuring cups