

Homemade Burgers



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INGREDIENTS - SERVES 8

- 750g lean Quality Mark beef or lamb mince
- 1 egg
- 3-4 spring onions, trimmed and finely chopped
- $\frac{1}{4}$ C chopped fresh parsley or 2 Tbsp dried parsley
- $\frac{3}{4}$ C fresh wholemeal breadcrumbs
- $\frac{1}{2}$ C tomato sauce
- $\frac{1}{2}$ tsp each salt and pepper to season

METHOD

Mix together all the ingredients with a seasoning of salt and pepper.

Mould into 8 even sized patties and cook over a moderate heat on a greased barbecue or in a frying pan for 5-7 minutes each side until the patties are golden. Alternatively grill under a moderately high heat for the same time until cooked through.

Serve the patties on a crispy bun with a couple of slices of tomato and crispy lettuce and a side of fresh salad.



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