



EASY BEEF AND VEGGIE BURGERS

PATTIES
6

60
MIN





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INGREDIENTS

Burger buns, try wholemeal
500 grams lean mince meat
1 brown onion, diced
1 zucchini, grated
1 carrot, grated
1 clove garlic, crushed
1 teaspoon Dijon mustard
1 egg
1 ¼ cup breadcrumbs
Extra-virgin olive oil
Salt and pepper to taste

SUGGESTED TOPPINGS:

Sliced tomatoes
Lettuce or baby spinach leaves
Cheese slices
Pineapple slices
Sliced beetroot
Sauce

INSTRUCTIONS

Heat oil in a frying pan and add chopped onion and crushed garlic and cook until soft. Place aside and allow to cool slightly.

In a mixing bowl add mince, grated zucchini and carrot, mustard, egg, breadcrumbs and salt and pepper, then add the onion and garlic and mix well to combine.

Using clean damp hands divide the mixture into 6 equal portions and shape them into burger patties. Place in the fridge for 30 minutes or so to firm.

Heat oil in a frying pan or on the barbecue and cook the burger patties for 4-6 minutes on either side, or until cooked through. When cooked, transfer to a plate lined with a paper towel.

While patties are cooking you can toast the burger buns in the oven or under the grill to warm and crisp them if preferred.

Prepare toppings on a board or separate bowls and build your own burgers!

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