

Healthy Hamburgers

Submitted by Rita Januszewski of St Francis Xaviers School (Manunda)



♥ 1

📄 188



Total time: 29 min

Preparation: 15 min

Cooking: 14 min

Created by: QAST

Serves: 20

Category: Hot Meals

RRP: \$4.50 ea

Level: Medium

This price is provided as a guide only and should be checked before using it as a listed menu price.

Ingredients

- 1 Kg Lean beef mince
- 2 unit Carrot, finely grated
- 1 unit Zucchini, finely grated
- 2 unit Onions, finely chopped
- 0.25 unit Whole lentils, can drained
- 0.25 unit Red kidney beans, can drained
- 4 tsp Reduced salt beef stock powder
- 1 tbsp Worcestershire sauce
- 2 tbsp Tomato sauce
- 1 tbsp Barbeque sauce
- 2 tsp Mixed herbs
- 1 unit Eggs
- 1.5 cup Dry breadcrumbs
- Kg Flour to coat

Recipe

1. Finely grate and chop vegetables, either by hand or using a food processor. Drain and puree lentils and beans (this may need to be done with the onion to add moisture).
2. Combine all ingredients very well.
3. Form 1/3 cup of mixture into balls onto a tray lined with paper towel (this will soak up any excess liquid) and store, covered in the fridge, for an hour.
4. Shape each ball in a hamburger press.
5. Heat a lightly oiled flat grill. Lightly dust each patty with flour and cook, on a moderate heat for 5 to 7 minutes each side.
6. Place into a bread roll with your choice of salad.

Full description

Tasty burger made fresh in the tuckshop.