



Burgers

GREEN

Beef Hamburger

Serves 10 – 15 (depending on size required)

1 kg beef mince
1 onion finely grated
3/4 cup breadcrumbs
1/2 zucchini, grated
1/2 carrot, grated
Sprinkling of mixed herbs
2 eggs (can be omitted)
2 tbs Worcestershire sauce

Place mince, breadcrumbs, eggs, mixed herbs, zucchini, carrot, and Worcestershire sauce in a bowl and mix well to combine. Roll into 10- 15 burgers, depending on the size needed. Heat a non-stick frying pan and spray with oil. Add hamburgers and cook until browned.

Serve on a wholemeal dinner roll with salad options such as cheese, tomato, cucumber, beetroot, carrot and lettuce.

Chicken Burger

Serves 10 – 15 (depending on size required)

1 kg minced chicken
1 onion, finely grated
3/4 cup breadcrumbs
1 garlic clove, crushed
2 tbs chopped fresh coriander or parsley
2 teaspoons finely grated lemon zest
1 grated carrot
1 grated zucchini

Serve on a wholemeal dinner roll with lettuce leaves, mayo and tomato

Put the chicken mince, onion, breadcrumbs, garlic, coriander/parsley and lime zest in large bowl and mix together well with your hands. Shape into 10 - 15 patties, then cover and refrigerate for 30 mins. Heat a non-stick frying pan and spray with oil.

Add burgers and cook until browned. Approximately, 4 mins each side.

Serve on bread roll with salad such as lettuce, tomato, cucumber, carrot and low-fat mayo or sweet chili sauce.

Hint: having wet hands helps in shaping the burgers.