

Kiwi Burger Serves 4

Ingredients

400 g	Lean beef mince
1	Onion finely diced
1	Egg lightly beaten
1 (medium)	Grated carrot
1 (medium)	Courgette grated (optional)
2/3 cup	Dry breadcrumbs
1 t	Mixed herbs
4 T	Flour
Salt and pepper to season	
2 T	Oil
½ cup	Grated cheese or 4 cheese
slices	
4 wholemeal bread rolls	
Lettuce, tomato, sliced red onion, avocado, cucumber and beetroot	



Method

Combine all the ingredients together in a bowl. Mix well.

Divide the mixture into 4 patties, flatten and roll in flour.

Cook patties in a preheated pan until the juices run clear and patties are golden brown on both sides (approximately 6 minutes per side). Turn over halfway through cooking.

Serve

Place cooked patties in wholemeal bun with mayonnaise, washed lettuce, sliced tomatoes, sliced red onion or caramelised onion, grated beetroot, avocado and grated cheese. Optional extra – lightly fried egg.

Tip: Mould patties using dry hands then make a slight dip in the centre. Run a thin knife under patties to lift to pan for cooking.