

Homemade Burgers



Ingredients

- 500g mince
- 1 small onion
- 1 carrot
- 1 garlic clove
- 1 tbsp Worcestershire sauce (optional)
- 1 tsp mixed herbs
- 1 egg
- 1 tsp oil

Great recipe to use for family cooking.

Makes 6

Method

1. Finely chop the onion. Crush the garlic
2. Grate the carrot
3. Squeeze excess moisture out of the carrot and using a paper towel
4. Heat the oil in a frying pan and add the onion and garlic. Cook for a few minutes
5. Add the carrot and cook until soft.
6. Put the mince, mixed herbs, Worcestershire sauce (if using) and egg in a bowl and mix.
7. Add the vegetables into the mince and mix well
8. Divide the mixture into 6 and flatten to make burgers
9. Heat oil in a frying pan and cook the burgers until the bottom is browned and flip and cook the other side (around 5-6 minutes each side).
10. Serve.

