



BEEF BURGERS AND BUNS makes 10 patties

INGREDIENTS

- 2 slices wholemeal bread
- 1 medium onion
- 1 egg
- 500g lean minced beef
- 1 large carrot, grated
- 2 medium zucchini, grated
- 1 tablespoon chopped parsley
- 3 tablespoons finely grated parmesan
- 2 tablespoons wholegrain mustard
- 1 tablespoon olive oil, for frying
- 1 teaspoon salt

EQUIPMENT

- food processor
- knife
- chopping board
- fork
- kitchen scales
- small and large bowls
- grater
- measuring spoons
- 2 dinner plates
- non-stick frypan
- egg lifter
- paper towel

METHOD Ask a grown up to help you with step 1. and 2.

1. Break up the slices of bread and place the pieces in the food processor. Process the crumbs until you have small breadcrumbs. Pour breadcrumbs into the large bowl.
2. Chop the onion roughly in the food processor, scrape out and add to the breadcrumbs.
3. In the small bowl beat the egg with the fork.
4. Tip the beef mince, zucchini, carrot, parsley, cheese, mustard and egg into the large bowl with the breadcrumbs and onion. Mix together with wet hands or a fork.
5. Wet your hands and pick up a blob of mixture. Shape into a patty about 6 cm wide and 2 cm thick. Place these one by one on a dinner plate or tray until all the mixture is used up. Remember to wash your hands thoroughly afterwards.
6. Put the frying pan on the stovetop, and turn the heat to medium. Make sure a grown-up is nearby when you use the frypan. Add the olive oil, tipping the pan slightly to cover the base with oil. Gently place a few patties in the pan with the egg lifter. Be careful of splatters of hot oil when you do this. Cook them for about 8 minutes each side. To test when they are cooked, cut one open – if it's cooked the inside will be brown, and not all that pink. As you cook each batch, stack the cooked patties on paper towel on the other dinner plate.
7. Serve with Warrakilla tomato sauce, Riviera Turkish bread, lettuce, tomatoes and your favourite salad veggies.

FROM THE MARKET

Lettuce, Herbs – Salad Greens & Kitchen Herbs
Turkish Bread Riviera Bakery
Rosie's Egg

Tomatoes – Golden BC
Beef Mince – Najobe Park
Alexandrina Cheese - Romano

Recipe adapted from Joanne Newell's – I'm Hungry, Let's Cook!