



# SUPER BURGER RECIPE

## **INGREDIENTS- Makes Four**

**1 small onion, diced**

**500g good-quality beef mince**

**1 egg**

**1 tbsp vegetable oil**

**4 burger buns**

**All or any of the following to serve: sliced tomato, beetroot, horseradish sauce, mayonnaise, ketchup, handful iceberg lettuce, rocket, watercress**



## **INSTRUCTIONS**

- 1. Tip 500g beef mince into a bowl with 1 small diced onion and 1 egg, then mix.**
- 2. Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.**
- 3. Set in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.**
- 4. Put on a plate, cover with cling film and leave in the fridge to firm up for at least 30 mins.**
- 5. Heat the barbecue to medium hot. Lightly brush 1 side of each burger with vegetable oil.**
- 6. Place the burgers, oil-side down, on the barbecue. Cook for 10 mins until the meat is lightly charred. Oil the other side, then turn over using tongs. Don't press down on the meat, as that will squeeze out the juices.**

### **TOP TIP**

**You could use Quorn Mince to make this a vegetarian recipe**

