

AUSSIE BEEF BURGERS

Serves: 2 adults and 2 children

Ingredients

400g lean minced beef
1 onion, finely chopped
1 small carrot, grated
1 small zucchini, grated
2 tablespoons dried breadcrumbs
1 egg, lightly beaten
4 wholemeal bread rolls
4 slices reduced fat Australian cheddar cheese
1 large tomato, sliced
1.5 cups shredded lettuce, for serving
1/3 cup tomato sauce or relish

Method

1. Combine beef, vegetables, breadcrumbs and egg in a large bowl.
2. Using wet hands shape mixture into burgers. Use 1/2 cup mixture for adults and 1/4 cup mixture for children.
3. Cook hamburgers in a non-stick frying pan until cooked through.
4. Assemble hamburgers in bread roll with cheese, tomato, lettuce and sauce.

Tips / Handy Hints

For adults, serve with extra accompaniments such as caramelised onion and beetroot in a larger hamburger bun.

Kids love mini versions of adult food. Make small burgers for children and serve in dinner rolls. Or, make 'faces' on burgers using tomato or BBQ sauce.



Nutritional Information:

Kilojoules 1820 kJ
Calories 433 cal
Protein 35 g
Total fat 15 g
Saturated fat 6.7 g
Carbohydrate 35.6 g
Sodium 772 mg
Calcium 252 mg
Iron 4.6 mg
Fibre 5.9 g

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