

Delicious Dinners

Bursting Burgers



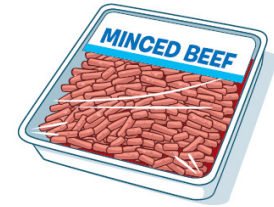
Big and Beefy Burgers

Ingredients:

- 1kg minced beef
- 1 large onion, grated
- 3 tbsp fresh parsley and thyme
- Pepper to taste

Equipment:

- Grill and grill pan
- Mixing bowl
- Knife
- Spoons
- Chopping board



Recipe:

1. Preheat the grill to medium - hot heat
2. Place all the ingredients in a large bowl and mix together with a fork.
3. With wet (and clean) hands, shape the meat into flattish rounds of an equal depth to ensure even and thorough cooking.
4. Cook under the grill for approximately 5 – 7 minutes on each side - the burgers should be brown in the middle as well as on the outside.

Serve in a burger bap and fill with salad and salsa!



Spicy Lamb Burgers

Ingredients:

- 450g extra lean minced lamb
- 2 garlic cloves, crushed
- 1 medium onion, finely chopped
- 1-2 tbsp mango chutney
- 3cm piece of fresh ginger, peeled and grated
- 1 red chilli, de-seeded and finely chopped
- ¼ tsp ground turmeric
- 1 tsp coriander.
- 1 tsp cumin.
- Oil, for brushing
- Flat bread, pita bread or burger buns, to serve

Equipment:

- Grill and grill pan
- Mixing bowl
- Chopping board
- Knife
- Spoons

Method:

1. Pre-heat the grill to a medium heat.
2. Peel and finely chop onion and ginger and crush the garlic
3. Put all ingredients into a large mixing bowl and mix thoroughly with your hands until well combined.
4. Divide the mixture between 8 and shape into a round ball, flatten to form a traditional burger shape.
5. Cook under a preheated grill for 6-7 minutes on each side until it is cooked through.
6. Serve with flat bread, pita beard or traditional burger buns and a side salad.

