

# Best Ever Burgers



**life**  
EDUCATION

 Nutrition Australia Qld  
**naqnutrition**

# Best Ever Burgers

Makes 6 large patties



## INGREDIENTS

- 500g lean beef mince
- 1 onion, diced or grated
- 1 carrot, grated
- 2 tablespoons mixed dried herbs
- 1 tablespoon Worcestershire sauce
- 1 egg, lightly beaten
- 400g tinned lentils, drained and rinsed
- 2 slices multigrain bread
- Wholemeal rolls and salad to serve

## METHOD

1. Place mince, onion, grated carrot, dried herbs, Worcestershire sauce and egg in a bowl.
2. Roughly mash lentils with a fork and add to the mince.
3. Wet bread with water and squeeze to remove excess moisture. Add this to the mince and use hands to mix until well combined.
4. Shape mince into patties using a  $\frac{1}{2}$  cup measurement as a guide.
5. Cook patties for about 10 minutes or until cooked through on a frypan or the BBQ.
6. Assemble burger on a roll with your choice of salads.

## RECIPE NOTES

- Adding grated carrot and lentils to the mixture increases the amount of veggies and fibre in the burgers and keeps them moist.
- Try using chicken or pork mince as a variation to beef burgers. All of these are rich sources of protein which are important for building strong muscles.
- Burger patties freeze well either raw or cooked.