



MINI-HAND BURGERS



Preparation time
15 minutes



Cooking time
30 minutes



Makes
10 mini burgers

Ingredients

250g of high quality minced meat

1 egg, lightly beaten

½ of an onion, puréed

50g of sheep cheese, grated (e.g. Pecorino)

A little extra virgin olive oil, for frying

To serve

10 small brioche buns

Goat cheese, cherry tomatoes (sliced), sliced avocado, a little red onion, some lettuce leaves, cut into smaller pieces and a little tomato sauce

Mini burgers are great for cooking on a BBQ and serving at children's parties (the big kids will want them too!)

Directions

In a bowl, add mince, egg, onion and grated cheese.

With clean damp hands, mix thoroughly then form into 10 equal-sized patties. This is a great step to get the kids involved.

Using a non-stick frying pan, heat oil over medium heat. Add patties to pan and cook for 3 minutes on each side, or until golden brown and cooked though. The patties will need to be turned with a spatula. Once patties are cooked, place on absorbent paper towel.

Slice the buns in half crosswise and either grill in the oven or toast lightly on the inside of the bun.

Place patty on a bun and top with tomato sauce, extra goat cheese, tomato slices and lettuce.

Serve warm. Allow your little ones to build their own burgers and have some fun. They'll love you for it.

Time saving hint

Leftover patties can be wrapped in snap lock bags and frozen (to defrost, allow to thaw in the fridge and remove 30 minutes before cooking).

Nutrition hint

Meat is a good source of iron and zinc, which are minerals important during growth.