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Tasmanian Government.

beef burgers

PREPARATION

ingredients

1 kilo beef mince	1 egg
1 cup soft bread crumbs	1 tablespoon Worcestershire sauce
1 onion finely chopped	1 tablespoon tomato sauce
¼ teaspoon minced garlic	1 sliced tomato
1 egg	
Little shredded lettuce	

method

Place all ingredients into large bowl
Season with salt & pepper. With hands combine together, then form
into burgers & chill.
Heat oil in large nonstick frypan on med-low heat
Then add ½ the burgers to the oil ,cook for 4 minutes on each side or
until brown and cooked through. Transfer to plate Place and cover
with foil. Cook remaining burgers
Place cut bun under grill to brown for 1 minute then on the bun
base place a burger top with a slice of cheese then return to grill
until cheese melts
Then top with tomato sauce tomato slice and shredded lettuce place
bun top on your creation and its ready to eat

