

HOMEMADE BEEF BURGERS

RECIPE BY CLEAN PLATE

MAKES 10-12 SLIDER-SIZE BURGERS



INGREDIENTS

500	g	Prime mince
1	each	Onion, finely chopped
2	each	Garlic cloves, crushed
1	Tbsp	BBQ sauce
2	Tbsp	Fresh parsley, finely chopped (optional)
1	each	Egg, lightly beaten
2-3	Tbsp	Breadcrumbs
		Salt and pepper
		Oil or spray oil, to fry



TO SERVE

Cheese, sliced
Tomatoes, sliced
Gherkins, sliced
Lettuce, washed
Slider-size burger buns
Butter/Mayo or alternative

METHOD

1. In a bowl, add all ingredients for the beef patties (apart from the oil) and mix until well combined. Check seasoning by rolling about $\frac{1}{2}$ tsp mixture and cooking in the microwave for 20 seconds (check if fully cooked by cutting in half before tasting it 😊). Adjust seasoning, if needed.
2. To make sure patties are all the same size, roll them into golf ball-size meatballs, then place one at a time on the flat palm of your hand and flatten and shape patties using fingertips from the opposite hand. Place patties on a tray lined with baking paper and place tray in the fridge for at least 20 minutes to rest and chill.
3. Meanwhile, prepare the cheese, tomato, gherkins and lettuce. Cut buns in half and lightly toast them under a hot grill cut side up. Reserve.
4. Heat a frying pan on medium heat and lightly brush or spray the oil. Cook patties for 3-4 minutes, or until browned on one side. Flip patties and place a slice of cheese on top of each to melt, until the bottom side of patties finish cooking.
5. Finish beef burgers by spreading the bottom halves of bread buns with a little butter, mayo, mustard or your favourite sauce/ spread. Add some lettuce, a slice of tomato, the burger patty with melted cheese and a couple of slices of gherkins. Cover with the bread buns tops and serve!