**Healthy Burgers**

**Ingredients List**

**Makes 4 burgers**

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| **1.Get ready**A picture containing food, indoor, counter, meal  Description automatically generatedWash your hands. Assemble ingredients. | A picture containing food, indoor, green, meal  Description automatically generatedFinely chop the onion. | A picture containing indoor, cup, plate, bowl  Description automatically generatedBeat the egg. |
| **2. Mix it up**A plate of food  Description automatically generated with low confidenceIn a bowl mix the minced beef, onion, herbs, tomato puree and the beaten egg. | A plate of food  Description automatically generated with low confidenceSeason with salt and pepper. Shape the mixture into 4 rounds about 2cm thick. | **3. Get cooking**A close-up of a magnifying glass  Description automatically generated with medium confidencePreheat the grill or a griddle pan. Cook the burgers for 4-6 minutes on each side. |
| A plate of food  Description automatically generated with medium confidenceServe on a plate, or in a sliced bun as preferred. |  |  |

450g lean minced beef

1 onion, very finely chopped

1 tablespoon dried mixed herbs

2 tablespoons tomato puree

I medium egg, beaten

Ground black pepper

**Nutritional Information:**

Beef is great for helping you to grow stronger and keeping you healthy. It can also help you to move faster and stay active.

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| **Calories Kcal**  | **324** |
| **Fat** | **23.6g** |
| **Saturated fat** | **10.7g** |
| **Carbohydrates** | **6.3g** |
| **Protein** | **21.7g** |
| **Sugar** | **3.3g** |
| **Salt**  | **0.5g** |
| **Fibre**  | **1.2g** |