



Beef OR chicken burgers

GREEN (ACT & SA) / Everyday (NSW)

Makes 20 x 75g patties

Ingredients:

- 1kg lean beef OR chicken mince
- 3 cloves garlic, crushed
- 2 large brown onions, finely chopped
- 2 large zucchini, grated
- 1 large carrot, grated
- ½ bunch parsley, chopped
- 4 eggs, lightly beaten
- 2 cups wholemeal breadcrumbs
- Canola oil spray

Method:

1. Place all ingredients in a large bowl and mix well.
2. Divide the mixture into 20 even balls (it's a good idea to weigh one at the start so you know the correct size – they should be approximately 70-80g each).
3. Shape each ball into a patty and, if you have time, allow them to set in the fridge for an hour.
4. Just before you're ready to cook, use your thumb to place an indent in the middle of each patty. This will stop it shrinking up into a ball during cooking.
5. Spray a hot frying pan with canola oil spray and cook patties on medium heat for 5 minutes or until cooked through, before turning over and cooking for a further 5 minutes.

Tip:

- Wrap patties individually and freeze until needed.

Recipe tested by JG May 2016

Nutrition information:

Beef burgers	Per serve (75g)	Per 100g
Energy (kJ)	518	691
Protein (g)	15.2	20.2
Fat – total (g)	4.6	6.1
Fat – saturated (g)	1.9	2.5
Carbohydrates – total (g)	4.7	6.2
Carbohydrates – sugar (g)	1.4	1.8
Sodium (mg)	98	131
Fibre (g)	-	-

Chicken burgers	Per serve (75g)	Per 100g
Energy (kJ)	472	629
Protein (g)	11.4	15.2
Fat – total (g)	5.4	6.8
Fat – saturated (g)	1.6	2.1
Carbohydrates – total (g)	4.7	6.2
Carbohydrates – sugar (g)	1.4	1.8
Sodium (mg)	97	129
Fibre (g)	-	-