

BEEF BURGERS

SERVES: 6 people

PREP TIME: 20 min

COOK TIME: 10 min



INGREDIENTS:

- 1 onion, finely chopped
- 1 kg beef, minced
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp cumin
- 2 tsp ground coriander
- 2 tsp garam masala
- 2 tsp paprika
- 2 tbsp parsley, finely chopped

METHOD:

1. Sauté the finely-chopped onion until translucent and set aside until cool.
2. Add all ingredients and mix to combine.
3. Divide the minced beef into balls then gently flatten into a burger patty, about 1.5 cm thick.
4. Cook on your barbecue or in a griddle pan for 6-7 minutes on each side, or until done to your liking.
5. When the burgers are nearly ready, toast the buns on the side of the barbecue or griddle.

Enjoy!

TOP TIPS

Serve on a fresh buttered bun (see soft dinner roll recipe) with crisp lettuce, sliced tomato, and choice of cheese. Marmalade or pickled onions go well as a topping. Or try our delicious tomato chilli jam (see recipe on the website).