

Beef Burger Recipe

Ingredients:

450g beef mince
1 medium onion
Few sprigs of fresh thyme
or 3 tbsp chopped fresh parsley
1 small egg
1 tsp tomato ketchup (optional)
(added into burger mix for flavour)

Method:

1. Turn oven onto 180°C / GM 4.
2. **Finely** chop the onion.
3. Mix together the mince, chopped onion, herbs, egg and ketchup (optional).
4. Form into 4 burgers.
5. Place on tray and cook for 20 – 25 minutes (depending on thickness).



www.shutterstock.com · 169278500