

Hamburgers

Serves 2

Ingredients

80g mince beef
1/8 onion, chopped
1/2 beaten egg
1t parsley, chopped
2T fresh breadcrumbs
1t Worcestershire Sauce
1t bran

1T Oil
2 hamburger buns
2 slices cheese
1T mayonnaise
2 lettuce leaves, shredded
4 slices tomato
Tomato Sauce



Method

1. Collect ingredients and equipment
2. Prepare ingredients
3. In a large bowl, place the bran, meat, onion, parsley, breadcrumbs and egg. Mix together with a fork.
4. Divide mixture into 2 portions.
5. Heat oil in a frying pan. Add hamburgers to pan and cook for 3-5 minutes on each side.
6. Slice hamburger roll in 1/2 and grill the sliced side
7. Drain on absorbent paper
8. Place the hamburger and salad ingredients between the toasted buns.